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A TREATISE

UPON THE

RHEUMATISM,

AS WELL

ACUTE as CHRONICAL:

WITH

OBSERVATIONS upon the various CAUSES that may produce them;

AND

A METHOD of CURE, ſubjoin'd to every diſtinct Species of that Diſtemper.

In arduis tentâſſe ſat eſt.

By JOHN CHESHIRE, M. B.

LONDON:

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M.DCC.XXXV.



MVSEVM
BRITAN
NICVM

4 W 2

To the Right Honourable

WILLIAM

Lord CRAVEN,

Baron of *Hampſted-Marſhall* in the County of *Berks.*

My LORD!

THE *Honour of an early Acquaintance with Your* LORDSHIP *in the Dawn of Youth, and Your generous Condeſcention*

in continuing me in the Fruition of that Happineſs many Years beyond the Meridian of Life, has afforded me repeated Inſtances of obſerving that Your LORDSHIP's *Conduct, on all Occaſions, is a full and perfect Dilucidation of Your Own* Motto, *viz.*

VIRTUS IN ACTIONE CONSISTIT.

SHOULD I attempt a Tribute to Your LORDSHIP, *too cuſtomary in Addreſſes of this Nature, I'm very confident that I ſhould give no ſmall Offence:* Flattery *being as*

as much Your LORDSHIP'S *Averſion, (it is, indeed, the common Odium of ſound Learning, and true Diſtinction) as the Terrors of an approaching Impeachment are the inevitable Deteſtation of a* corrupt Miniſter, *given up by his Prince, (as all* wicked Miniſters *ought to be) to the importunate Cries of Juſtice, in order to ſatisfy the well-grounded Reſentment of an injured Nation.*

IN imploring Your LORDSHIP'S *Patronage of the enſuing* Treatiſe, *was I not ex-*

perimentally aſſur'd of Your LORDSHIP's *Candour, and native Diſpoſition to pardon, I ſhould deſervedly dread Your Judgment, and, conſequently, in the ſtrongeſt Lines of Demonſtration, evince my own.*

SO long as Fortitude has any Alliance with Innocence, Your LORDSHIP *will chearfully triumph over all the various Occurrences of Mortality, from a Doctrine naturally deducible from that nervous Obſervation of the* Roman *Poet, of whoſe ſublime Beauties Your* LORD-

SHIP,

SHIP, *to my Knowledge, is a moſt expert and conſummate Judge ;* VIZ.

Juſtum, & tenacem propoſiti virum,
Non civium ardor prava jubentium,
Non vultus inſtantis tyranni
Mente quatit ſolidâ : neque Auſter
Dux inquieti turbidus Adriæ ;
Nec fulminantis magna Jovis manus.
Si fractus illabatur orbis,
Impavidum ferient ruinæ.

PERMIT me, my LORD, *to beg Your* LORDSHIP'S *Acceptance of the following Sheets, as a publick and laſting Teſtimony of the profound Veneration to which Your* LORDSHIP, *in every Ar-*

ticle of Life, from me is amply entitled: Accept my unfeigned Wiſhes for Your Proſperity, without the leaſt Shadow of Allay; and give me Leave to beg, that Your LORDSHIP *will do me the Juſtice to believe, that no One more ardently deſires Your* LORDSHIP *a long Continuance in an extenſive Circle of uninterrupted Felicity, than,*

My LORD!

Your LORDSHIP's

Moſt Obedient and

Moſt Humble Servant,

John Cheſhire.

LEICESTER,
March 22.
173$\frac{4}{5}$.

THE

PREFACE.

THE Advantages of a liberal Education, have, of late, been ſo much depreciated and exploded by ſome of the cardinal Claſs of our Profeſſion, and others in a more exalted Station of Life, as unneceſſary to compleat a good Phyſician, that, I am confident, I muſt be ſo unhappy as to fall under the Diſpleaſure of many, when I'm endeavouring to vindicate the Dignity, and enforce the Uſefulneſs of Univerſity Learning, as entirely requiſite to qua-

lify

lify a Man to be ſerviceable to his Country in the Practice of the Medicinal Art: But as Truth ought not to be forſaken, though it has many Enemies, ſo Error ought not to paſs unregarded, though back'd with the moſt potent Numbers.

IT is an Obſervation, not leſs ancient than true, That few, in the learned Profeſſions, have been remarkably eminent, who did not lay the firſt Foundation of their Studies, in the uſeful Precepts and wholſome Documents of one of our illuſtrious Fountains of Literature; and there, by an early and aſſiduous Application, make a gradual Progreſs in the regular Paths of Arts and Sciences, as abſolutely neceſſary to form and qualify their future Conduct on the Stage of Practice in their reſpective Callings and Faculties.

THE

THE Privileges, Opportunities, and inſtructive Methods of inſtilling uſeful Notions, according to the native Genius of the Gentlemen in our Univerſities, has made our Iſland eminently ſuperior to our neighbouring Nations, for ingenious Literature, and the learned Stations of Life. *Stillingfleet*, *Tillotſon*, and *South* are eſteem'd nervous Orators, as well as ſound Divines; *Clarendon*, *Cowper*, and *Trevor* are honour'd for their Sublimity of Expreſſion, and Strength of Reaſon, as well at the Bar, as in the Cabinet; *Boyle*, *Moreton*, and *Freind* will for ever be valu'd by the genuine Sons of *Hippocrates*, and Men of well-digeſted Reading.

IN the Year 1512, when the Practice of Phyſick and Surgery was got into illiterate, and, conſequently, dangerous

gerous Hands, the Legiſlative Power, obſerving the terrible Havock which was made amongſt the Lives of the Subjects, by bold and ignorant Intruders in theſe uſeful Profeſſions, Enacted a Law, in the 3d Year of King *Henry* VIII. (as that *Act* expreſſes, *to the Surety and Comfort of all manner of People*) obliging all Perſons, within the Bills of Mortality, not to aſſume the Privilege of Preſcribing Medicines, without the Approbation of the Biſhop of *London*, or the Dean of St. *Paul's*, for the Time being; and that no One, without a ſufficient Teſtimony of his Qualifications, ſhould be admitted to practiſe: The *Biſhop* or *Dean* having Power to call to their Aſſiſtance four Doctors of Phyſick; and for Surgery, other expert Perſons in that Faculty. And, by the ſame Statute, every *Biſhop* of a Dioceſe, or, in his Abſence, his *Vicar-*

Vicar-General, is authoriz'd in the ſame manner, to examine every Practitioner in Phyſick, or Surgery, within his Juriſdiction. And if any One preſumes to practiſe within ſeven Miles of *London*, without the neceſſary Approbation of the Biſhop of *London*, or the Dean of *Paul's*, or in any other Biſhoprick, without the Licence of the *Dioceſan*, or his *Vicar-General*; the Party ſo offending, forfeits 5 *l. per* Month; one half to the King, and the other half to any Perſon that will ſue for it by Action of Debt, in which no Wager of Law, nor Protection, ſhall be allow'd. Theſe were the prudent Steps which the Legiſlative Power of *England* thought fit to take, to reſcue theſe two uſeful and beneficial Profeſſions from the dark and narrow Confines of Ignorance and Quackery, as well as to teſtify to Poſterity the great

great Opinion and juſt Notio· .vhich, in thoſe Times, they had ‹ an Univerſity Education, as the .abilities of thoſe, who (in Conformity to the Univerſity Statutes) had qualify'd themſelves for Practice in the Art of Healing. The Truth of this is amply demonſtrated from the *Proviſo* in the Statute of King *Henry* VIII. (which ſays) *Provided alway, That this Act, nor any thing therein contained, be prejudicial to the Univerſities of* Oxford *and* Cambridge, *or either of them, or to any Privileges granted to them.*

GRADUATES were always, as well from the Nature of their Education, as in Virtue of their Degrees, eſteem'd ſufficiently qualify'd for Practice, and entirely exempt from conforming to the Direction of the aforeſaid Act of Parliament. I might juſtly be

be thought tedious, ſhould I particularize the numerous Advantages which conſpicuouſly attend an Univerſity-Education, in the three learned Profeſſions of Life; though I hope I may be allow'd to mention *one*, in the Study of Phyſick at *Oxford*, and that is, that uſeful and valuable Initiation into that Faculty, the Foundation of the Phyſick-Garden by the Right Honourable *Henry Danvers*, Earl of *Danby*: In this *Botanical* Treaſury, *moſt* of our *Engliſh*, and many *Exotick* Plants are cultivated and improv'd with the utmoſt Care and Diligence; and, at the proper Seaſons, a *Profeſſor* of *Botany* (to which is annex'd an annual Salary) reads ſuitable Lectures in that Science to all ſuch as are pleas'd to attend: And it is wiſh'd, by all ſincere Lovers of the Schools of Learning, that her Siſter-Univerſity might be

be made in this, as in all other Particulars ſhe is, equally happy, from ſome Royal or Noble Benefaction. Dr. *Sherrard*, a Native of *Leiceſterſhire*, late Conſul at *Smyrna*, Brother to the preſent Phyſician of the ſame Name, deviſed, from a truly publick Spirit, three thouſand Pounds, his valable Library, and his choice Botanical Collection, for the Erection of two Green-houſes for the Conſervation of Exoticks, *&c.* to the Phyſick-Garden in *Oxford*, and for augmenting the Profeſſor of Botany's Salary, and building an Houſe, with proper Conveniencies for him, contiguous to the Garden. And to render this Benefaction as uſeful as poſſible, the Univerſity, purely out of her maternal Care, and tender Regard for the Cultivation and Improvement of Learning, has generouſly contributed three thouſand Pounds more,

out

out of her own publick Stock, to be appropriated to the ſame laudable Donation, and valuable Inſtitution. Examples theſe, worthy of the Imitation of thoſe whom Providence has incircled in a State of Affluence, and, conſequently, empower'd them to add extenſive Luſtre to their own Memories, by being inſtrumental in advancing Improvements to the Schools of Learning, in ſuch Branches where there are the moſt apparent Defects.

As the following Treatiſe is the Reſult of my own Notions, in Regard to the Cauſe and Nature of the different Sorts of the *Rheumatiſm*; ſo, what I have mention'd in relation to the Cure, proceeds from my own Obſervations, and Experience in Practice: And if the Nature of my Subject has led me into ſome Remarks upon other

Diſtempers incident to Mankind, I've touch'd upon them as curſorily as poſſible, and briefly ſubjoin'd ſome medicinal Directions for their Relief. I am perſuaded, that I ſhall not ſtand condemn'd, in the Judgment of any unprejudic'd Reader; though I differ in Opinion from thoſe, who are avow'd Enemies to every *Phyſical Syſtem* which does not entirely concur with their own darling *Hypotheſis*; eſpecially ſince I have endeavour'd to aſſign natural Reaſons for the Productions of this Diſtemper. How far I have been defective in that Point, I frankly ſubmit to the learned Gentlemen of the Profeſſion, who, doubtleſs, are the beſt and ultimate Judges in Affairs of this Kind. Nothing is perfect on this ſide Heaven; and Inadvertencies, will as neceſſarily attend all human Performances, as Sin the Author. I have this Satisfaction; I am, in the

enſuing

enſuing Treatiſe, guilty of no wilful Miſtake, and therefore may reaſonably preſume I ſhall evade the Cenſures of the candid and generous Part of Mankind: And as for others, I neither value their Frowns, nor court their Approbation; ſince the Juſtice of my Intention, (*viz.* the Good of my Fellow-Creatures) will, I hope, in ſome meaſure, atone for the Frailties of my Pen, and ſcreen me from the impotent Aſſaults of the ſnarling Critick.

INFORMATION is never irkſome to an unbiaſs'd Mind, maturely judging, and impartially concluding upon the real Properties, and eſſential Nature of Things, according to the beſt Light of unprejudic'd Reaſon. And if any, of ſuperior Capacities, would be ſo good and condeſcending, as to convince me of an Error, I ſhall eſteem

it my indiſpenſable Duty to make a publick Recantation of it; being ſatiſfy'd, that it is more honourable to ſubmit to Conviction, upon juſt Motives, than to perſiſt upon a plauſible Foundation, in Oppoſition to the received Notions, and eſtabliſh'd Doctrines of Mankind.

THE Hiſtories of Diſeaſes, written by the *Antients*, are, I muſt confeſs, not ſo inſtructive, compleat, and correct, as ſome of later Date; and yet, I'm convinc'd, that many uſeful Obſervations may be deduc'd from the frequent Contemplation of the hiſtorical Facts, which the Sages of *Greece* and *Rome* have left upon Record: And I'm confident, a Man may as well be a perfect Maſter of Navigation, without the Knowledge and Uſe of the Compaſs, as a good Phyſician, without

out being acquainted with the Hiſtory of Diſeaſes, and the Method of Cure, deliver'd by the firſt Fathers of Medicine, and ſo continu'd down for many Centuries. But this is only to be the Baſis upon which the Superſtructure is afterwards to be rais'd, by juſt Obſervations, upon the Improvements which the Art of Healing has acquir'd in every Age, to his own Time, as well from the Philoſophy, as the Experiments of the learned Authors in the Faculty. I'm not ignorant, that there are ſome, of no ſmall Reputation in the Schools of Literature, who depreciate and vilify the antient Inſtitution-Writers in Phyſick, and charge them not only with Obſcurity, but Ignorance in the particular Nature of the Diſeaſes, which they have, I'm perſuaded, impartially endeavour'd to deſcribe, according to the Philoſophy

of the reſpective Times in which they writ. It muſt be granted, even by thoſe who have the loweſt Opinion of the *Antients*, that, in *Hippocrates*'s and *Galen*'s Days, and many Years afterwards, Phyſick was in its *Infancy*: And, undoubtedly, ſome Allowances may be indulg'd to ſuch a State, which when, in future Ages, it arriv'd to a greater Degree of *Maturation*, it could not be ſuppos'd to want. No Science has made a greater Advance towards Perfection, than the Art of Healing: And yet there are many Things which are bury'd in Obſcurity from the moſt accompliſh'd Maſters; and what none, but perfect Quacks, will be aſham'd to confeſs. *Hippocrates*, that ſublime Genius, and *Father of Phyſick*, generouſly declar'd, in an *Epiſtle* to *Democritus*, That though he was in a very advanc'd Age, got near the Period of Life,

Life, he was very far from being at the End of Phyſick. And his Succeſſors, notwithſtanding all the Improvements, had no better a Fate: And I'm perſuaded, that the preſent Sons of *Æſculapius* have no better Pretenſions to Infallibility, than the *Antients*, which, by ſome of *them*, are loaded with the ſtrongeſt Imputations of Ignorance and Contempt.

THE weak and contracted Rays of human Reaſon, were never deſign'd, by the ſupreme Creator of all the World, to penetrate into the moſt minute Receſſes of Nature, nor to be perfectly acquainted with the original Cauſes and immutable Effects of ſublunary Beings and Entities: No! — Man, in this Veil of Imperfection, muſt be content to be ignorant; and every Day's Obſervation will furniſh

him with new Diſcoveries of his Inſufficiency to judge or act according to the ſame Degree of Certainty, of which he vainly eſteems himſelf Maſter. But, however, this is no Objection againſt the conſtant and ſerious Application, in order to make Improvements in any Art or Science; no more than it would be, for a Man to ſay, Beauſe I can't enjoy my Wiſhes in their full Extent, I'm determin'd not to make a proper Uſe of the Talent which Providence has pleas'd to beſtow upon me.

I WOULD not be underſtood to intimate, that a perfect Acquaintance with the Hiſtories of Diſeaſes, and Forms of Cure, deſcrib'd by the *Antients*, is ſufficient to compleat a Phyſician: On the contrary, I'm confident, that all the *Theory* of the *Antients*, as well as *Moderns*, can never

never make a finiſh'd Character in the Art of Healing. The Advantage which reſults from the Notion of theſe *Theories* join'd together, lays a ſafe and durable Foundation, upon which a ſucceſsful Practice, and, conſequently, a good Reputation, may be rais'd. *Theory* is undoubtedly neceſſary to form an accompliſh'd Maſter in the *ſpeculative* Knowledge of any Art: And yet Experience, repeated Experience, muſt be the grand Pilot which muſt conduct and ſignalize any Man in the Rules and Mode of *Practice*; and in none more-eſpecially than that of Phyſick. Frequent Converſation with, and conſtant Attendance upon the Infirm and Diſeaſed, with juſt Obſervations upon the Effects of the Medicines preſcrib'd, will ſoon brighten the Underſtanding; and every Day's Remarks will add new Luſtre, as well

well to the Genius, as to the Character of the diligent Enquirer into the Cauſes and Rules of Cure of all Diſtempers incident to Mankind.

THE Garb which I have made Choice of, for the following Treatiſe to make its Entry into the World, is, I hope, ſuch (according to my Deſign) as can give no Offence: Though, when I conſider, that Truth, at its firſt Appearance, was ſcarce ever favourably receiv'd, or cordially eſpous'd, I muſt not propoſe to eſcape without a large Load of Detraction and Cenſure; and the Prevalence of Cuſtom muſt be comply'd with. But be that as it will, the pleaſing Thoughts of my own Innocence will be not only a Satisfaction, but a ſufficient Guard againſt all Oppoſition. The beſt of Men have been traduc'd; and the moſt

moſt learned Performances, not receiv'd with that Candour and Applauſe which was due to their Merit. Well, therefore, in that reſpect, may I (who ſo much deſerve it) think myſelf happy, in being like the beſt of Men, and the beſt of Authors, under an exceeding Weight of Cenſure, Reproach, and Calumny.

THE Fate of an Author, depends entirely upon the Smiles or Frowns of the Age in which he writes; and if the Off-ſpring of his Brain is as perfect as poſſible, the Performance ſhall be miſ-repreſented under falſe Lights, cenſur'd or condemn'd, perhaps upon no other Account, than becauſe the Author's political Thoughts do not exactly run in the ſame Channel with the Party in Vogue. Very barbarous Treatment this! and highly unworthy

and

and unbecoming Men of generous, polite, or learned Taſtes: But Demonſtration excludes Contradiction, and the Decrees of Heaven are not to be diſputed.

IT is an Ambition truly commendable and Praiſe-worthy in the Schools of Learning, to endeavour to illuſtrate and improve the Rules and Maxims of any Art or Science, from any new Diſcoveries of any Sort of *Philoſophy*: And if no immediate Advantage accrues to any particular Art, from the induſtrious Attempts of an Author; yet the Foundation which he has laid, for a farther Improvement by Men of more refin'd Notions, ſhould carry with it its proper Weight, upon which a more conſummate Superſtructure may be rais'd:

— *Fun-*

——— *Fungar vice cotis, acutum*
Reddere quæ ferrum valet, exſors ipſa ſecandi.

EVERY Attempt for the Advancement of Learning, though in itſelf not exactly conſonant to the End propos'd, ſhould, from the Friends of Literature, meet with proper Encouragement, in order to animate and excite the Proſecution of ſuch Studies to the brighteſt Meridian: Small Inadvertencies ſhould be over-look'd; and large ones, (if not intended) as much as poſſible, extenuated; and, if they carry no fatal Tendency with them, ſhould be buried in the deepeſt Shades of Oblivion. To an Intention ſincerely zealous in the Searches after, and truly ardent in the Diſcoveries which may, in any reſpect, redound to the Benefit and Improvement of Man-

Mankind in any particular Art or Science, (eſpecially in the Art of inveſtigating the Cauſes and Cures of Diſtempers, to which the human Fabrick is ſubject) nothing can afford a fuller Satisfaction, than to be applauded by Men of approv'd Abilities, diſtinguiſh'd Worth, and conſummate Judgment.

HONOUR, which the Hand of Time ſhould never obliterate, is moſt certainly due to the Memory of Doctor *Harvey*, for the Invention of the Circulation of the Blood; and a Veneration not inferior, is aſſuredly a juſt Debt to the Character of Dr. *Lower*, for his juſt and accurate Deſcription of the Structure and Uſe of the Heart. Greatly is the World obliged to *Bellini*, for his extenſive and real Knowledge in the *Pathologick* Part of the Art

Art of Healing; and to *Borelli*, who, by the Aſſiſtance of Geometry, did indicate the Force and Power of the Muſcles. The World is greatly indebted to Sir *Iſaac Newton*, for the noble and uſeful Diſcoveries which, in the different Kinds of Philoſophy, he has made; and the Syſtem which he has left behind him, will remain an eternal Monument of his extenſive Learning, and moſt ſuperlative Abilities, 'till the general Conflagration ſhall ſwallow up all Things in an univerſal Ruin. The Art of Healing, owes infinite Acknowledgments to every common and impartial Obſerver of Nature, by which the leaſt Improvement is added to the Diſcovery, or Removal, of any Diſeaſe: But when Men of refin'd Parts devote themſelves to Reſearches of great Importance, to the Exaltation of any

Art,

Art, the World is infinitely oblig'd to them; though the cuſtomary Reward extends no farther than a complimentary Eſteem; this being a State where good Actions muſt (if they have any) remunerate themſelves.

WHEN a Man, properly qualify'd for the Undertaking, applies his Talent in endeavouring to diſcover the Nature and Eſſence of any Diſeaſe which his Fellow-Creatures, by the Laws of their Exiſtence, are conſtantly expos'd to, and frequently afflicted with, and proving ſucceſsful in the Attempt, chalks out a Method for the Conqueſt of the Diſtemper, by well-adapted Medicines made publick for an univerſal Good; doubtleſs, he may, in a ſtrict Senſe, be entitled to part of the Encomium,

mium, which *Lucan* beſtows upon *Cato*; viz.

Non ſibi, ſed toti genitum ſe credere mundo.

THE Dignity of *Phyſick* is ſuperior to all other Sciences and Profeſſions in the World, *Theology* only excepted: It has been practis'd by Kings, Princes, the higheſt, wiſeſt, and beſt of Men. The great Evangeliſt St. *Luke* was remarkably eminent for his profound Knowledge in the medicinal Art. And to confer as great an Honour as poſſible on the Profeſſion, and render it truly ſacred and glorious to the utmoſt Period of Time, our bleſſed Saviour deſign'd to exerciſe a great Part of his miraculous Life in going about and doing Good, in the Cure of corporal Maladies of

various Kinds; when He ſtudiouſly avoided to interpoſe in Affairs of Government; and abſolutely refus'd, though importun'd, to divide (which was a Matter of Law) the Inheritance betwixt the two Brethren.

THE Study and Practice of Phyſick is, without Controverſy, one of the moſt arduous and moſt extenſive Undertakings in the Circle of human Knowledge: A Man, like a Poet, ſhould be endow'd with a native Genius, enrich'd with many acquir'd Embelliſhments from the different Schools of Learning, and a peculiar Aptitude to proſecute vigorouſly through every Branch of *Anatomy*, *Chymiſtry*, *Botany*, and *Galenic Pharmacy*; muſt be a diligent and faithful Obſerver of Nature, in drawing Indications from evident and conjunct Cauſes: The Knowledge

ledge of which is not to be acquir'd, but by a conſtant and induſtrious Obſervation of the Symptoms in the different Stages of an Indiſpoſition; and muſt well remark the Effect of Medicines adminiſter'd under ſuch or ſuch peculiar Circumſtances, if he intends to rank himſelf in the Claſs of Men of Vogue, and acquit himſelf with any real Advantage to thoſe who are pleas'd to ſollicit his Aſſiſtance.

A PHYSICIAN of Abilities and Integrity always proceeds cautiouſly and deliberately to work; he advances upon a true and ſound Baſis; he informs himſelf of the Seat and Nature of the Diſtemper, and diſplays the Force and Power of his Preſcription at them. If the Violence of the Diſorder baffles and eludes the Strength of his Medicine, he increaſes the Efficacy of it by the Ad-

dition of proper Articles, and alters them as Symptoms occur, and Circumſtances require, without being (as Quacks and Empiricks frequently are) reduc'd to the fatal *Ne plus* of his own Knowledge: he has conſtantly in Reſerve ſome promiſing Medicament, which may probably ſtop the Career of the Diſtemper, and ſecure his Patient from the impending Stroke; and can, by Parity of Reaſon, or *analogous Rules*, inſtantly ſtrike at the total Subverſion of Diſtempers unſeen before, with the pleaſing Proſpect of Succeſs.

IN the enſuing Sheets, where I've given a conciſe Account how the Food, *&c.* is converted either into good or bad Nutriment, from the Nature of its Quantity or Quality; it is indiſputably illuſtrated, that Riot, Exceſs of Wine,

Wine, and Luxury, in either Eating or Drinking, will certainly contribute to the Generation of ſome Kind of *Rheumatiſm*, whilſt they over-charge the Stomach, relax its Fibres, and pervert or retard the Power of Digeſtion: Hence the Appetite is ſo much impair'd, and the Food ſo ill concocted, that it affords inſalubrious Nouriſhment, which taints the vital Fluid, and expoſes it conſtantly to a *Rheumatick* State, by forming Obſtructions in the fine and minute Paſſages of the human Fabrick. But if the immoderate Uſe of vinous Liquors, and the voracious Indulgence of an elegant Taſte, (as the modern Phraſe is), is ſubject to ſuch pernicious and unavoidable Conſequences, the certain Preludes of Repentance; much more are thoſe, who are daily turning down Liquors of a more igniferous Nature,

viz. Rum, Brandy, and other ſpirituous Waters, which, by the Power of the Still, are, as it were, exalted into a liquid Fire. What Effect ſuch Liquors muſt have upon the fine Coats and tender Fibres of the Stomach, any one may, without being expert in Phyſick or Chyrurgery, readily pronounce. The execrable Cuſtom of Drams of various Kinds is now got ſo extenſive amongſt all Ranks of People, that it demands the Interpoſition of the *Legiſlature*, to put an entire Stop, if poſſible, to that all-deſtroying Practice; by which many valuable Lives would be protracted to an advanc'd Age, and become eminently ſerviceable to their Country in various Stations of Life. Every Dram, I mean, that is habitually taken, lays the Foundation for a ſecond, *&c.* when the ſcorching Heat of the firſt is, in ſome meaſure,

meaſure, diſſipated, and the imaginary Low-ſpiritedneſs ſeems to threaten a Return, Recourſe muſt be had to the univerſal *Catholicon*, even,

—— *Decies repetita placebit.*

But I've already declar'd Drams to be a Sort of a Liquid Fire; and do aver, That though they are a ſlow, they are as certain a Poiſon as *Arſenic*, or any of the moſt *corroſive Preparations* of *Mercury* from the Hands of the Chymiſt.

I WOULD not here be concluded to depreciate the proper Uſe of an enlivening Cordial-Water, or the Infuſion of generous and active Ingredients, in a duly-qualify'd *Menſtruum*; but, on the contrary, am convinc'd, if, upon a full and copious Meal, a

moderate Quantity is drank by Perſons of ſlow and weak-digeſtive Faculties, after any laborious Exerciſe, great Fatigue of the Body, or long Indulgence in the Converſation of the Dead, and ſometimes when the Stomach is weak or uneaſy; it is not only juſtifiable, but beneficial. What I'm here, I think, very juſtly inveighing againſt, is, the frequent and habitual Uſe of Drams, as ſome People have Recourſe to them, either out of Intemperance or Wantonneſs, or from an imaginary or feign'd Neceſſity of recruiting fading or declining Spirits, or alleviating the troubleſome Senſations of a ſqueamiſh or flatulent Stomach. 'Tis a known Experiment, That if Spirit of Wine is mix'd with the Serum of human Blood, it inſtantly changes it into a jellyiſh, viſcid Conſiſtence: Hence it is obſervable what fatal Effects muſt attend

attend the Blood, Juices, *&c.* of thoſe who are inordinately devoted to this Self-deſtroying Practice. While, by theſe pernicious Means, they attempt to meliorate their languid Spirits, they diſcompoſe *Nature* in the regular and uniform Execution of her own Buſineſs, induce a monſtrous Confuſion in her whole Oeconomy, and ſap, as it were, the very Foundation of Life: For whilſt this tremendous and Death-bringing Habit is indulg'd, the Demand of Eating is firſt impair'd, and then totally deſtroy'd; the Blood, by ſuch Self-ſlaying Cuſtoms, becomes inexpreſſibly pejorated, and the vitiated Humours are conſtantly employ'd in compleating the Deſtruction of that *Tabernacle* which firſt gave them Birth.

IN the Method of Cure advanc'd in the following Sheets, in *chronick Caſes*, I've freely recommended *Mercurials*; though in a Form as ſafe to the Patient, as *Manna* or *Crem. Tartar.*; not altogether, perhaps, conſiſtent with the preſent Vogue of Preſcribing: (for there is as much a Mode in Practice, as of Dreſs for the Drawing-Room on a Birth-Night, or any other publick Occaſion); even ſo far, that as *Epictetus*, in his *Morals*, ſays, That the ſole and grand Buſineſs of Life conſiſts in two Words, *viz. Bear*, and *Forbear*. So it was the Obſervation of a truly great Man, who was not a little acquainted, as well from extenſive and well-digeſted Reading, as from his own juſt Obſervation and Experience, That *Dreſs*, and *Addreſs*, could turn out a finiſh'd

and

and compleat Phyſician. How far that Aſſertion will hold good, or may be maintain'd, I ſubmit to the unbiaſs'd Determination of the impartial Reader. The peculiar Infelicity of my own Conſtitution, (being deſcended from a Gouty Stock, and having ſuffer'd as much from its Tyranny as any of my Age) firſt induc'd me to try the Power of *Mercury*, in every juſtifiable Form, either in order to prevent, or alleviate an approaching Paroxyſm: And indeed I frankly acknowledge, that I've reap'd no ſmall Advantage from the frequent and repeated Trials of that ſovereign Remedy in the Intervals of the Gout, in the various Preparations of it, as well from the Furnace, as from common Trituration, with a proper Antidote to divide and diſſipate the moſt ſubtile and leaſt Particles of its Compoſition. But I've not complimented

plimented the Doctrine of Dr. *Dover*, or the preſent modiſh Cuſtom, ſo far, as either to take it myſelf, *Propria & naturali ſubſtantia*, or recommend it to others, unleſs in that known, common, and often too fatal Caſe, the *Iliack Paſſion*; which rarely, very rarely is of any Service, probably not from any Impropriety or Defect in the Medicine, but from the fatal Obſtinacy of the Diſorder, which generally terminates in a Mortification of the inverted Bowels. The Caſe of Mr. *Booth*, that great Ornament to the *Britiſh* Buskin, has ſomething extraordinary in it; and as it occurs to my Memory, I ſhall briefly recite it: In leſs than five Days he ſwallow'd, by Doctor *Dover*'s Direction, full thirty Ounces of Quickſilver, in order to ſecure him from a Relapſe into an Intermitting Fever, which had before frequently return'd.

return'd. About the Expiration of four Days he was tortur'd with great Pain in his Bowels, and the Fore-part of his Head; with great and general Uneaſineſs in all Parts of his Body, to ſo violent a Degree, that he was not eaſy in any Poſition a Moment. The worthy Preſident of the College of Phyſicians, and of the Royal Society, Sir *Hans Sloane* was ſent for, who obſerving an unuſual Conſtriction in the common Paſſages, preſcrib'd an aperient Draught, without Succeſs; and afterwards a purging Clyſter, which had not a better Effect: but the Coſtiveneſs continuing, he order'd a ſecond Clyſter of the ſame Nature, *&c.* but in vain, for he expir'd. Upon Diſſection, by opening the Inteſtines, a very ſmall Quantity of *Fæces* was obſerv'd; the Guts were perfectly black, and ſo exceedingly rotten, that they

they were not capable of the leaſt Extenſion, without falling into many Pieces. Thus fell the greateſt Tragedian which ever grac'd the *Britiſh* Stage, truly lamented by all who had the Pleaſure of his Acquaintance, or knew the real Worth of a finiſh'd Tragedian.

In proſecuting the Cure of the various Kinds of *Rheumatick* Complaints, *&c.* in the following Sheets, it may juſtly be remark'd, That I've not, in the Preſcribing Part, obſerv'd the Form, which ſome of the Profeſſion do, in having Regard to this or that *Diſpenſatory*; but where no *Diſpenſatory* or Book, where Medicines are directed to be prepar'd, is particularly mention'd; I mean, the Preparations as the *London Diſpenſatory* affords, and no other, ought to be us'd, unleſs

particularly order'd by the Preſcriber himſelf; though it is too frequently the Practice in the Country, to compound ſome of their Medicines in the ſame Shop, by one, two, or perhaps three *Diſpenſatories*; by which Means a Phyſician is often at a Loſs to form a true Judgment, from the Variety of Preparations of the ſame Pill, Tincture, Elixir, *&c.*

THE *College* of *Edinburgh* have publiſh'd a *Diſpenſatory*, full of choice and valuable Preparations, in the *Materia Medica*; have demonſtrated great Skill and Judgment in many of its Compoſitions, and have given ſome Illuſtration in particular Articles, which, 'till then was much wiſh'd for, and as much wanted. But my *Preface* ſwells to too large a Bulk, and I muſt haſten to its Period.

I'M

I'M ſenſible that there are Errors in the enſuing Sheets, but hope they are of ſuch a Nature, as will carry with them an Excuſe from Men of Humanity, and may expect a Pardon from all who are not devoted to Pride, or an obſtinate Spirit of Contradiction and Cenſure: The Inadvertencies or Miſtakes are of ſuch a Complexion, as a friendly and candid Reader will readily paſs over, and excuſe. To ſome, *Criticiſm* and *Animadverſion* is natural, obvious, and familiar: But ſuch I muſt deſire to ſuſpend their Indignation, 'till they ſhall vouchſafe to oblige the World with a more perfect and fuller Explanation of the ſame Subject, as well in the Inveſtigation of the Cauſes, as in the Cure of the Diſtemper.

I'M

I'm under no Concern how theſe my Lucubrations may be receiv'd, being conſcious that I've no ſiniſter Views, or any indirect or diſingenuous Proſpect to advance: My Day of Vanity is expir'd; I've done my beſt on this Occaſion, and declare, That was I ever to be under the Dominion of any Kind of *Rheumatiſm*, I would literally comply with the Directions laid down in the following Sheets; and ſhould not doubt of weathering out the Storm, both to my own Advantage and Reputation, as expeditiouſly as the Nature of the Diſtemper, and the Neceſſity of concomitant Circumſtances, would permit.

—— *Mens conſcia recti*
Immeritos vulgi riſus contemnere gaudet.

ERRATA.

IN the PREFACE, page xiv. l. 3. r. *as alſo the*; p. xxix. after the *Latin* Verſe, add, *Hor. de Art. Poet.* p. xxxiii. l. 17. for *deſign'd*, r. *deign'd*; p. xxxiv. l. *ult.* r. *evident and diſtinct*.

In the BOOK, p. 11. l. 13. r. *Piſo*; p. 24. l. 23. after *or*, add *extended*; p. 61. l. 12. and p. 62. l. 7. r. *Ol.* p. 64. l. 6. r. *Reſin.* p. 68. l. 9. for *Caſe* r. *Cure*; p. 144. l. 21. r. *Tenſity*; p. 146. l. 8. after *Mynſchit.* add ℥i. p. 146, 147, 148, 149, 150, 151. for *Redleſtone* r. *Kedleſtone*; p. 153. l. 15. dele *of*.

AD AMICUM

JOANNEM CHESHIRE, *M. B.*

Dignum & Doctum,

In TRACTATUM de

Dolore RHEUMATICO, *tam Acuto, quam Chronico*; haud implacidè perlectum, necnon magnoperè ſuſpectum.

SAnguinis impuri cauſas, triſtiſque doloris,
Arte novâ pingis, more novoque tuo.
Corporibus morbis laſſis ſolamina præbes,
Et vitam vinclis eripis arte necis.
Amplius haud Lethe *tetris graſſetur in armis*
Victrix, exuviis accumulata ſuis.
Hinc Medicina poteſt annos revocare Seniles;
Viribus & propriis Ars tua, Phœbe, *nitet.*

EXON.
Jan. 23.
173$\frac{4}{7}$.

T. H.

A

TREATISE

UPON THE

RHEUMATISM,

AS WELL

Acute as *Chronical*, &c.

THAT the *Origin* of a *Rheumatiſm* is primarily ſeated in the Blood, is ſufficiently evident, as well from the *Symptoms* that attend this *Diſeaſe*, as from the medicinal Treatment, which is neceſſary to effect the Cure. After what Manner, and by what unavoidable Accidents the Maſs of Blood becomes ſo far vitiated from its regular *Craſis*;

and uniform State, as to occaſion ſuch racking and pungent Pains, as afflict thoſe who are tortur'd with this *Malady*, ſhall be the Subject of the following Treatiſe; in which, for the ample Dilucidation of the various Cauſes, which either ſeparately or conjointly may produce this Diſtemper, I ſhall endeavour to aſſign *mechanical* Reaſons, ſo far as the Nature and Knowledge of the *Animal Oeconomy* will admit.

FROM the cleareſt Demonſtration, an human Body is found to be a Compoſition of *Solids* and *Fluids* of various Textures, and different Configurations, which mutually aid and aſſiſt each other in the *ſecretory* and *excretory Offices*, in the grand Buſineſs of Life and Health: But as the *Fluids* bear a much greater Share in the Structure of the human Fabrick than the *Solids*, ſo it is of vaſt Importance to its Repoſe, that the former ſhould be preſerv'd in a proper Conſiſtence, and due State of Fluidity, that the latter may be enabled chearfully to diſcharge their aſſign'd Duty; for the particular Uſes of theſe two grand Articles, which conſtitute the moſt glorious and noble Part of the Almighty's Works,

Works, I ſhall refer the Curious to two eminent * Authors, whoſe learned and uſeful Diſcoveries have very much facilitated the Method of finding out, and curing Diſeaſes.

THE Silence of ſome of the antient Writers in Phyſick upon this Diſtemper, and the obſcure Deſcription of it, given by others, has prevailed with many to conclude, that it is a Diſorder of a modern Extraction, and not known, till Luxury and Exceſs had univerſally extended their Empire; from whence Diſeaſes began to vary from their own original Type, and many uncommon and preternatural Symptoms did appear: but as Effects muſt unavoidably attend their natural Cauſes; ſo what can produce a *Rheumatiſm* now, could in former Days have the ſame Influence, and will continue ſo to do, till Time ſhall be no more. I ſhall recite ſome few Inſtances, which in my Judgment, will prove that the *Antients* were not unacquainted with this Diſtemper, tho' they have not ſo accurately and intelligibly deſcribed it under all its various Circumſtances, as ſome of the Moderns have. The Fathers of Medicine, for many Centuries, were igno-

* *Helvetius* of Animal Oeconomy; *Keil* of Animal Secretion.

rant of the grand Irradiation, which, from the Diſcovery of the Circulation by the immortal *Harvey*, deſcended upon the Art of Healing; and as the Baſis of this (and many other Indiſpoſitions) is originally in the Blood, and they Strangers to the Nature, Texture, and Motion of that Fluid, it would be barbarous (not to mention the abſtruſe and intricate Philoſophy of thoſe Times) to expect a Delineation of Diſeaſes, (with their previous and concomitant Symptoms) which owe their Foundation to the deprav'd *Craſis* of the Blood.

THE venerable and divine * old Man, by πόνος ἄρθρων, πόνος σκέλων, could, in my Judgment, point at nothing but the *Rheumatiſm*, or its near Relation the † *Arthritis vaga*. *Dioſcorides*, and his Commentator *Petrus Andreas Matthiolus*, have left us a very valuable Collection of both internal and external Remedies in the Chapters *de Coxendicis affectibus*; *de Articulorum doloribus*, and *de Diuturnis Articulorum doloribus*; all which Diſſertations, in my Judgment, are very conſonant to what we

* *Hippocrates*.

† The wandring or flying Gout.

now

now term a *Rheumatiſm.* Some of the Medicines there preſcribed, I have repeatedly experienc'd the Efficacy of in *Rheumatick* Caſes, with ſurprizing Succeſs; for a Particular of the forementioned ſalubrious Articles, the Reader may conſult the above cited Authors, which for Brevity ſake I pretermit. *Dioſcorides* deſcribes a *Pleuriſy* by the peculiar Appellation of a *Rheumatiſm* of the *Breaſt*; now if in his Days there had been no other Species of *Rheumatiſm*, which affected other Parts of the Body, it is difficult to conceive why this great Man ſhould ſtile it a *Rheumatiſm* of that particular Part, ſince the Word itſelf (*viz.* a *Rheumatiſm*,) would have been expreſſive enough of the Diſtemper.

GALEN gives a very inſtructive Account of an * inflammatory Laſſitude, for which he orders repeated Phlebotomy; † *Uſq; ad lipothymiam, vel ſaltem bis de die*: He propoſes an attenuating cooling Diet, Food of eaſy Digeſtion, *Ptyſans* that are moderately acid, to allay the Thirſt, dilute the too intimate Coheſion of thoſe Particles which caus'd the In-

* De ſanitate tuendâ, Lib. Quart.

† Even to fainting, or at leaſt twice a Day.

flammation, and to carry it off. From this Deſcription of an inflammatory Laſſitude, and the Method that was advis'd for the Relief of thoſe who were afflicted with it, we may reaſonably conclude, that it was a Species of what is now eſteem'd a *Rheumatiſm*: Whether it ſhould be rank'd in the Claſs of chronical or acute Diſeaſes, I will not undertake to determine, in the Senſe of the laſt cited Author, the Account being ſufficiently expreſſive of the Diſtemperature.

ACUTE Diſeaſes proceed from an increas'd Velocity of the Blood, induc'd by too great an Exaltation of its oily and ſulphureous Particles, and generally terminate in a few Days, either by *Criſis*, *Abſceſs*, &c. and have for their Concomitant a brisk *continued Fever*, and require a Treatment peculiar to their own *ſpecifick* Nature; *chronick Diſtempers* are protracted to a much greater Length of time, and are attended ſometimes with a *ſlow Fever*, and are frequently the Conſequence of ſome natural Decay in the Conſtitution, or an irregular Courſe of Life: And for an abſolute Conqueſt over ſuch a formidable Enemy, Perſeverance in a proper Diet, Exerciſe, and the Aſſiſtance

Aſſiſtance of a little Phyſick, is eſſentially requiſite: Though I am not ignorant that ſome are of Opinion that in many chronick Caſes, where the *Viſcera* are ſound, Nature is able in Proceſs of time, to expel the Enemy from her Territories, and work out her own Relief. I ſhall not diſpute this Point at preſent, but ſo far I'll undertake to aver, that if Nature, unaſſiſted by a Series of Temperance, Exerciſe, and a regular Courſe of Life, is, in the Space of three, ſix, nine Months, *&c.* ſelf-ſufficient to extricate herſelf from the Jaws of a chronical Diſtemper, the Cure, by the Interpoſition of well-adapted and proper Remedies, would much ſooner be effected; not that I would here be thought to argue or enforce the Neceſſity of ſwallowing an immoderate Quantity of Boluſſes, Pills, Potions, Apozems, *&c.* upon every ſlight Diſorder, or when a Conſtitution does not perfectly correſpond to the exact Standard of Health; but purely to inculcate the Reaſonableneſs of ſuitable Applications, either in a growing Diſtemper, or an actual Indiſpoſition, in order to prevent the ill Conſequence of the former, and facilitate the Recovery of the patient from the latter.

SINCE I have in ſome Meaſure ſhew'd the Difference betwixt *acute* and *chronical* Diſtempers, and intimated that they both demand a Treatment peculiar to their own eſſential Quality, I ſhall beg leave to diſſipate the thick Clouds of an unreaſonable and groundleſs Calumny, which is frequently, both by Patients and their Friends, through Inadvertency, caſt upon Gentlemen of the firſt Claſs and Character in their Profeſſion; becauſe upon the firſt or ſecond Preſcription or Viſit, the Diſtreſſed does not find inſtantaneous Relief: But ſuch would do well to conſider that a Phyſician is only *Nature*'s Servant, and muſt diligently attend, and carefully wait upon her Motions and Secretions, and obſerve to what Point ſhe ſeems to tend to free herſelf from a languiſhing State, and then to give her ſuch Aſſiſtance as will ſtrengthen and encourage her to compleat the great Work. And this is the grand Buſineſs of a Phyſician, both in chronical and acute Caſes; Preſcription is the Power of a Quack, but Judgment the Province of a liberal and regular Education; and when, through Ignorance, Nature is hurry'd, and officiouſly diſturb'd

diſturb'd in her uniform Oeconomy, a Flame is generally excited, which nothing but Death can extinguiſh. And this I fear is too often the unhappy Fate of many deluded Wretches, who truſt their Lives in the Hands of illiterate and audacious Pretenders to the Art of Healing. Acute Diſeaſes in a few Days ſometimes terminate in an happy *Criſis*, but chronical ones muſt be the Work of Time and Patience. How abſurd, therefore, is it to expect an abſolute Cure in a few Days, when the Diſeaſe has been many Months, perhaps Years, in making its Attack, and ſecuring its Poſſeſſion in a Conſtitution?

THE Antients as well as Moderns agree in one Opinion, though in different ways of expreſſing it, that the Cauſes of Diſeaſes are either external or internal; and from them have accounted for the Production of every ſimple and complicated Diſtemper incident to the human Fabrick, with moſt of the neceſſary and various Symptoms: Theſe Steps I ſhall purſue in this Treatiſe, ſo far as the fore-mentioned Cauſes can either ſeparately or conjunctly convey any diſtinct Idea of the *Rheumatiſm*.

THERE

THERE is in every Conſtitution, an inſuperable Propenſity, or natural Tendency to one Diſeaſe more than another; and this ſeems to proceed from the weak Structure of the Fabrick, not equally fortify'd in every Part, from the Inconveniencies, which Man, from the Nature of his Exiſtence, is continually expos'd to; the numerous Inclemencies of the Air, any Irregularity in Eating or Drinking, or in any of the other *Non-naturals*, produces various Effects in different Perſons: One from an *obſtructed Perſpiration*, (or, as we generally term it, from taking Cold) is attacked with a *Pleuriſy*; another is ſeized with a *Quincy*, a third with a *Looſeneſs*, *bilioſe Cholick*, &c. a fourth is arreſted with the *Indiſpoſition* of which I here treat, and conſign'd Captive to its Cruelty. As I have mention'd the Cholick, I ſhall remark a material Diſtinction betwixt the nervous and humoral Sort, and that the ſelf-ſame Method, which cures one, heightens and exaſperates the other; and frequently puts a Period to the Diſeaſe and the Life of the Sufferer at the ſame Time.

IT was our immortal Countryman Dr. *Sydenham*, who firſt chalk'd out the way for the Diſcovery and Conqueſt of the nervous Cholick, and treated it in a manner peculiar to his own great *Genius*, and the Eſſence of the Diſtemper, and at once caſt off all the ridiculous Trumpery of Glyſters, repeated Purging and Bleeding, (Articles only adapted to the bilious Cholick) and ſubſtituted one gentle Cathartick to clear the common Paſſages, with the happy, efficacious, and ſucceſſive Uſe of *Opiates*. I muſt indeed own, that *C. Diſo*, about an hundred and eleven Years ago, publiſhed his Sentiments of Cholicks being nervous; and our famous and learned Dr. *Willis* made a Progreſs upon the ſame Subject, from the ſame *Hypotheſis*; but theſe Authors are, in this Reſpect, ſo obſcure in their Deſcription, that at firſt View it is obvious, that they were not acquainted with the Nature of this Diſeaſe, and conſequently could not lay down an exact and compleat Method of Cure. *Willis* has made the neareſt Approach to the Extirpation of this nervous Diſeaſe, and the laſt Aſylum, to which he has Recourſe, are Opiates; whereas if he

begun

begun there, and omitted the pompous Retinue of his Medicinal Articles, which in this Caſe are dangerous, he had commanded that Honour, which is now paid to the Memory of the ſagacious and ſtrict Obſerver of Nature, Dr. *Sydenham*.

EVERY dolorous Senſation in the Stomach or Bowels, is not to be concluded an original Cholick; for it often happens, that Pain in thoſe Parts exactly reſembling the acute Tortures of that *Diſorder*, preſages the Gout, Palſy, and is the Forerunner of many other nervous Complaints, as well as inflammatory and nervous Fevers. I know that *Lewis Duretus* will have it, that it is the real Cholick which frequently paves the Way for the Gout, *&c.* but I apprehend that the ſcattered Particles of the fundamental Cauſes of each ſeparate Diſeaſe, which fluctuate in the Blood and Juices ſecreted from it, occaſions this Pain, by corroding the tender Fibres of the Stomach, and the inner Coats of the Bowels, becauſe thoſe Veſſels are endow'd with a moſt exquiſite Senſe of Feeling, from the Delicacy of their Compoſition and Texture; And the Juſtice of this Notion will appear

appear evidently from this Obſervation, that at any Seaſon of the Year, generally before the *Gout* or *Rheumatiſm* does fix upon any external Part, *viz.* the Feet, Ancles, Knees, Hands, Elbows, Shoulders, *&c.* Loſs of Appetite, and, more or leſs, of the *arthritick* or *rheumatick* Pains are perceiv'd in the Stomach or Bowels, in Proportion to the Quantity of the vitiated Humours, and the Continuance and Severity of the approaching Fit; and when the depraved Particles have once ſummoned their utmoſt Efforts, and center in any of the external Parts beforementioned, the Parts firſt attacked, *viz.* the Stomach and Bowels, are in a State of Repoſe, from the Tranſlation of the morbifick Diſpoſition of the Blood and Juices, from the internal to the external Parts of the human Fabrick. Thus when any thing that is offenſive to Nature is convey'd into the Blood, it takes Poſſeſſion, like an artful Enemy, of the weakeſt Parts, and when the Conſtitution, by any Exceſſes, is egregiouſly impair'd or ſhatter'd, it reigns triumphant through the whole Machine, till by the Application of proper Remedies, the Enemy is vanquiſh'd and expell'd, and the Patient is reſtor'd

reſtor'd to his former Health, and priſtine Vigour.

THE firſt Cauſe, which I ſhall aſſign for the Production of the *Rheumatiſm*, is a ſerous, ſaline Humour, *ſuperfluouſly* abounding in the Maſs of Blood, which by reaſon of its immoderate Copiouſneſs, and exorbitant Acrimony, vellicates and corrodes the membranous and muſcular Parts of the Body, and ſo excites ſometimes fix'd and ſometimes erratick Aches, in Proportion to the Largeneſs or Minuteneſs of the containing Veſſels, through which this *vitiated Fluid* circulates; and this Species of a *Rheumatiſm*, as well as others, becomes either *acute* or *chronical*, in Proportion to the operative Strength of its conſtituent Particles, and active Principles; I ſhall ſubjoin a Method of Cure in each diſtinct ſort of this Diſtemper, when I have enumerated ſome other Foundations, from which it takes its Riſe.

ANOTHER Cauſe which may produce a *Rheumatiſm*, is an unuſual or preternatural Viſcidity of the Blood, and Juices ſecreted from it: And this is the moſt permanent and

and durable Baſis of this *Diſtemper*; for by it, the Motion of the Blood is retarded and impeded, the Velocity diminiſhed, and ſometimes a partial Stagnation ariſes in the Veſſels; or elſe the Quantity of this ſizy glutinous Fluid is too great to paſs, without diſtending the tender Coats of the Veins, Arteries, and Capillaries, beyond the Capacity deſign'd by the Law of Nature, and the Decree of our All-wiſe Creator. When the balmy and friendly Temperature of the vital Fluid is once diſturb'd, by the coercive Interpoſition of viſcous and too adheſive Particles, it is very obvious from the Doctrine of Attraction of Corpuſcles of a ſimular Magnitude ſuſpended in a Vehicle, to conceive how the Effect mentioned in this Paragraph, muſt neceſſarily ſupervene; but to enforce the Validity of this Aſſertion a little farther, I ſhall obſerve, that the Fluids in the Body are perpetually mov'd through the Veſſels, (according to *mechanick* and *hydroſtatick Rules*) whoſe Sides are thereby rubb'd, mov'd, diſtended, and reſtor'd to their natural Dimenſions again; and what inclines ſome of the Particles of the Blood to a greater Aptitude for Motion than others, is, the Solidity, Smoothneſs,

and

and Roundneſs of ſome of its conſtituent Parts; others are ſluggiſh and not fit for Motion by a little Force, from their own eſſential Forms and Qualities, being porous, rough, angular, and viſcid: Whence it is evident from *hydraulick* and *mechanick Laws*, that the Parts of the Blood, though propell'd with the ſame contractive Power of the Heart, will not move with the ſame Celerity, Duration, and Direction; the firſt mentioned will tend from the Heart in a direct Line, with a ſwift and conſtant Velocity; but the latter will be apt to move in the Veſſels more languid, irregular, and ſlowly.

THERE is nothing in the human Compoſition which more immediately merits the ſtrict Enquiry, and ſerious Regard of a *Phyſician*, than the Blood; and all the Aſſiſtance which we may acquire from others, and the Diſcoveries and Improvements which we can make ourſelves, will not be able ſufficiently to demonſtrate its Nature and Properties. From this *Fountain* every Humour in the Body derives its Spring and Origin, and when it is perverted from its native Purity, or vitiated in its Quality or progreſſive Motion, it

it becomes the principal and primary Inſtrument of numberleſs Diſeaſes. It is, in my Opinion, no ſmall Misfortune, that we are ſo little acquainted with the Nature of thoſe Particles, which conſtitute the vital Fluid; and I am perſuaded, if the Time that has in vain been ſpent by thoſe, who to explain the eſſential Qualities and Contexture of the Blood, have had Recourſe for that Purpoſe to a *chymical Analyſis*, had been applied in a *mechanical Way*, we had e're now had ſome more uſeful and pertinent Diſcoveries, and clearer Ideas of the diſtinct and complicated Diſeaſes, which harraſs Mankind, than we now have, and doubtleſs might have found out more ſucceſsful and expeditious Remedies for their Reſtoration to an healthful State.

I SHALL now proceed to conſider after what Manner the exhauſted Parts of the Blood after Birth, are daily ſupply'd and recruited for the Suſtenance of the *animal Oeconomy*; and in this Enquiry, we ſhall find that ſuch as the Nutriment, which we daily receive, is, ſuch is the Chyle; and ſuch as the Chyle is, ſuch is the Blood; and in Conſequence every Fluid ſecreted from it, muſt participate of the ſame individual Qualities,

according to the Nature of the ſecern'd Liquor, unleſs there is an apparent Defect in the digeſtive Faculty, and then the beſt Aliment may be ſo far perverted, as not to afford any real Nouriſhment, but may become the Parent of many, and, perhaps, invincible Diſorders. When the Organs of Digeſtion are naturally weak, defective, or adventitiouſly impair'd, great and unavoidable Inconveniencies muſt enſue, to the no ſmall Detriment of the unhappy Sufferer's Caſe, and probably his Life too: Hence Inflammations, Exulcerations, or Sphacelations of the Mouth of the Stomach, and imminent Deſtruction, or perchance a Laxation, Excoriation, or Debility of the Fibres of the Ventricle, Want of Appetite, and a continual Inclination to eject whatever is receiv'd into the Stomach. And though in the firſt Caſe, properly ſpeaking, an abſolute Cure is not to be expected, yet by an agreeable Regimen the Thread of Life may be ſpun out to a conſiderable Length, and the Terms of enjoying it made eaſy; and in the ſecond, by early Application and convenient Medicines, the weak and injur'd Parts may be invigorated, and reduc'd to their natural Tone and primitive Office.

THE Food which is taken in at the Mouth after Maſtication or Chewing, if neceſſary, is convey'd through the *Oeſophagus*, along with Liquids, into the *Stomach*, and is there comminuted into a kind of *Pulp*, wherein the *Solids* are diſſolv'd and blended with the *Fluids*, and made fit to be converted into *Chyle*, and then it is carried into the *Inteſtines*; at its Entrance into which, it is diluted by the *Bile* and *pancreatick Juice*: Its fineſt and moſt ſubtle Parts are receiv'd by the moſt minute and imperceptible Orifices of the *lacteal Veins*, and protruded to the *Receptaculum Chyli*; from thence it is convey'd to the *Ductus Thoracicus*, and diſcharges itſelf into the *ſubclavian Vein*, and by the *Vena Cava* is tranſmitted to the right *Auricle* of the *Heart*; where circulating through both its *Auricles* and *Ventricles*, by the Interpoſition of the *Arteria pulmonalis* with the *Vena pulmonalis*; it is by the contractive Power of the muſculous Fibres of the left *Ventricle*, propell'd into the *Aorta*, and ſo by the arterial Tubes is transfus'd into thoſe Parts of the Body, which are capable to receive it, for the Nutrition, Support, and Repoſe of that glorious Being, which bears the expreſs Image of the *Ma-*

jeſty of Heaven. Hence it appears how careful we ſhould be in the Choice of what we either eat or drink, and how moderate we ſhould be in the common Enjoyments of Life, ſince the healthful State of our Blood does in a great meaſure depend upon theſe Articles; for when we deviate from the agreeable ſalutiferous Rules of Temperance, and plunge ourſelves into an Exceſs, either in reſpect of the Quantity or Quality of what we eat or drink, we fix a Load more than tolerable upon Nature, and (unleſs ſhe can by the common Paſſages relieve herſelf) ſhe muſt of Neceſſity ſuccumb. Hence various inflammatory Exaltations are excited in the Blood, and from the Laws of Secretion, the Nerves are ſtruck into Confuſion, and no longer able to diſcharge their aſſign'd Office, becauſe the Juices are alienated from their regular *Craſis*, and the Cataſtrophe of human Nature is at hand: Not that I would be concluded to intimate, that Inflammations in the Blood or Nerves muſt neceſſarily prove fatal, becauſe every Day's Experience illuſtrates the contrary, but purely to point out the Dangers the Debauchee and Epicure are expos'd to from their repeated Scenes of Riot and Exceſs.

THE *Stomach*, from the Nature of its Situation and Office, muſt abound with Particles as diſſimular in their Forms and Magnitudes, as in their Eſſence and Tendency, which from the Laws of Digeſtion and Sanguification, will contaminate and diſturb the intimate Union and regular Motion of the conſtituent Particles in the Maſs of Blood; and when that is once ſaturated with foreign Humours, or vitiated Particles, they will, unleſs prevented and corrected by a proper long continued Courſe of *Alteratives*, by their *attractive Power*, form themſelves, in Proceſs of Time, into an *acute* or *chronick Indiſpoſition*; for a *Diſeaſe* is nothing but a reſolute and vigorous Effort of Nature, to ſeclude from within her own Walls, whatever ſhe finds inconſiſtent with her Eaſe and Tranquillity. The peculiar Property of every Diſtemper incident to Mankind, depends upon the Character and Predominancy of the deprav'd Juices, from whence it deduces its Birth, and from the Parts on which the noxious Impurities are lodg'd and depoſited. And hence is the different Tendency in every different Diſorder, according to the Variety,

and the Strength of Cauſes which produce it.

THE univerſal Properties of Fluids (I mean of the pure, ſimple, elementary Kind) are to have their Parts ſo extremely minute and fine, as not to be diſcern'd by the Senſes, and their Power upon mutual Contact ſo exquiſitely ſmall, as to be deſtroy'd by the leaſt ſenſible Force or Preſſure, and the Smoothneſs of their Superficies ſo great, that they ſcarce make any Impreſſion upon one another. In an adequate Manner do the human Fluids, in Proportion to their coheſive Denſity, and according to their Qualifications and Modifications, operate upon each other; and in this reſpect the Augmentation or Diminution of the Bulk of the ſanguineous Particles, or any Humour contained in them, muſt create an Alteration in the Blood, according to the ſuperior Strength of the more *ſolid* and *attractive Corpuſcles* undulating in the Maſs of Blood, and the Juices ſeparated from it. A Particle of Humours becomes offenſive in its own Nature, when from a *ſpherical* Form or Figure it becomes acute-angled; for then, by applying all its Force of Motion to one

ſmall

ſmall Part, it becomes pungent, and from the Contrariety of its Shape, will be excluded from the Union of the *ſpherical Particles*; and in its paſſing and repaſſing, by the Laws of Circulation, will preſs hard upon the Coats of the Veſſels, and induce Pain; and the more theſe *acute* Humours abound in the Blood, the more frequent will be their Colliſion againſt the vaſcular Tubes, and of Conſequence the Uneaſineſs will be more intenſe and durable. The preternatural Accretion of any ſaline, acid, or viſcous Particles in our Bodies, is able to compel the red Parts of the Blood into too ſtrict Coheſions, and Coagulums, and to deſtroy that *intimate Union* which is betwixt its red and ſerous Parts, as abſolutely neceſſary to preſerve the Blood in a balſamick and uniform State. Hence the red Globules will be forc'd to cohere in a more cloſe and intimate Combination with one another; and the Serum, from an additional Denſity to its component Parts, will become ſluggiſh in its Motion, and contract an Acrimony; ſuch as Liquors, eſpecially of the *elementary* ſort, will; as is apparent from the Stagnation of Water, which turns viſcous, and ſtinks, for want of a neceſſary

Motion to clarify and keep itſelf pure: That ſuch a *Dyſcraſy* may occaſion ſuch Pains, which *Rheumaticks* are ſometimes affected with, is plain, from this Reaſon, Becauſe the vitiated Texture, and perverted Oeconomy of the vital Fluid, will not permit it to circulate with its native *Force*, and uſual *Velocity*, through the minute Paſſages; and ſo from this Obſtruction, thoſe torturing Senſations, and racking Inquietudes are induc'd, which ſome kind of *Rheumaticks* complain of, and from which copious Bleeding will frequently give them Eaſe. To confirm the Doctrine contain'd in this Paragraph, I ſhall add, That if a determinate Quantity of a certain Fluid ſhould circulate in a given Time, through a Tube of a known Length and Diameter, all things elſe being equal, and any of the connective or component Parts of that Fluid, by any internal or external Force, are rendered more liquid or more denſe than their natural Texture, the progreſſive or regreſſive Motion muſt be altered, and the Veſſel ſunk in, or beyond its natural Tone. Hence we may conceive, after what manner Pain ariſes from the diſturb'd *Craſis* of the Blood and Juices in the Veſſels.

WHEN the Blood, from the Nature of our Food or Liquor, or any other external Injury, is ſtock'd with *ſaline Particles* ſuperabundantly, (as certainly it may, from the manner aforeſaid) what terrible Commotions, what acute Pains, what tedious and reſtleſs Hours may we not expect from the violent attractive Force of theſe *ſaline Corpuſcles*? What Ravages, what Hoſtilities will they not commit in the fine and minute *Capillaries*, which for various Uſes are diſpers'd through the rational Compoſition? If the Power of Attraction is ſuperior or ſtronger betwixt the *ſaline*, than betwixt the ſalubrious conſtituent *Particles* of the Blood and Juices ſecreted from it, then the Salts will run into Cluſters, and aſſume different Shapes and Magnitudes, and form ſuch Nodes or Chalk-ſtones, as are often the Effect of the Gout, and ſometimes happens from a ſevere and long continued *Rheumatiſm*. An Inſtance of this Kind, I remember in an honourable Gentlewoman, my Patient, who, from the frequent Returns and long Duration of a ſevere *Rheumatiſm*, (which had for many Years more or leſs afflicted her) had a regular and large *Tophus* taken

taken out of her Thumb. I was importunate in examining whether ſhe or any of her noble Family had been ſubject to what is very juſtly call'd the *Opprobrium Medicorum*, but could not learn that ſhe, or any Branch of her noble Family, had ever been Sufferers from the *uncontroulable* Tyranny of the Gout. As the Bulk of theſe *ſaline Particles* is enlarged from their more intimate Coheſion and attractive Power, ſo by the ſame immutable Laws will the red Parts of the Blood be condenſed, and the watry or ſerous Parts more liquify'd; becauſe as the Coagulum increaſeth, in the ſame Proportion will the Serum be more copious. And this ſeems to be that *rheumatick* State, in which our learned and honoured Countryman Dr. *Sydenham* uſed the Lancet with ſo much Freedom and Succeſs: And to encourage his Followers not to forget or omit reiterated Bleeding, he has left full and ample Aſſurances to Poſterity, that his *Patients* were ſo far from being weakened by the large Quantities of Blood, which he took from them, that the Sting of the Diſeaſe was enervated, and their Strength and Vigour ſurprizingly augmented.

FROM the cloſe Combination of theſe *ſaline Particles*, carried by the Laws of Circulation to any particular Part, ſeems to ariſe thoſe pungent and acute Pains which *Rheumaticks* feel; the pointed Angles of the Salts lacerating the tender Coats of the Veſſels, muſt, as the great and ingenious Dr. *Pitcairn* obſerves, induce a Solution of *Continuity*, and from their over Quantity the Circulation will be retarded in that particular Part, and in Conſequence very ſharp and pungent Pains muſt be excited: And this will appear more obvious, from the Method, which, under theſe troubleſome Circumſtances, will often afford Relief, and that is *Friction* either with the Hand, a Fleſh-bruſh, or a warm Cloth; for by this *preſſive Motion*, the Union of the Salts is deſtroy'd; they are reduced to ſuch minute Magnitudes, and forced to ſuch Diſtances, as to be capable of being reaſſum'd by the circulating Maſs. Thus the Enemy is oblig'd to retreat for a Time, till by its *attractive Power*, it gains new Recruits, and then exerts itſelf in another Paroxyſm.

HEAT

HEAT conduces much to the Fluidity of Bodies, by diminiſhing the Tenacity of their component Parts, renders many Bodies fluid, which otherwiſe are not ſo, and augments the Fluidity of tenacious Liquors, as of Honey, Oil, Balſam, *&c.* By its Influence the Blood becomes of a more liquid Conſiſtency, the *inteſtine Motion* of its various Particles is increas'd, and the *ſaline Corpuſcles* will more frequently, and more violently (from the accelerated Motion) collide againſt the Inſide of the Veſſels, and by their ſudden Coheſion and Contact, ſtimulate and create Pain: This probably may be one Reaſon why the *Rheumatiſm* rages more immoderately, when the Patient begins to be warm in Bed, than when up; eſpecially ſince if he walks about the Room, he finds ſome Reſpite from the Aſſault of his irkſome Companion. As it is obſervable from Experiments, that the Urine of *Rheumaticks* in Diſtillation, does not yield a due Quantity of Salt, proportionable to the Quantity of Urine; ſo it is manifeſt that theſe Salts being too large to be ſecreted by the Ureters, are retain'd in the Blood, become corroſive, and lay the Foundation for an *Iliad*

of

of Miſeries. The great Inſtitution-Writer *Boerhaave*, from his unexhauſted Store of Learning, has judiciouſly remark'd, that the primary Cauſes and fundamental Principles of moſt Diſeaſes, may be underſtood from an acurate Obſervation of the Effects which they produce in diſordered Bodies; at leaſt the Nature of the vitiated Humour may be ſo far intelligible, as to point out the peculiar Remedies for its own Extirpation. The Doctrine is good, and if maturely weigh'd, worthy of the moſt ſerious Attention, of vaſt Importance, and of ſingular Service in diſcovering the Cauſes, and ſecuring the Conqueſt over many Diſtempers, which proceed from too great a Degree of Fluidity, Tenacity, or Groſſneſs in the Fluids, moving too rapid or too ſlow through the Veſſels, or from a compound Vitiation both of the Solids and Fluids. To avoid Prolixity, I ſhall recommend the Reader to the Peruſal of the admirable Inſtitutes of Profeſſor *Boerhaave*, ſince I apprehend that the true Senſe of his own Notions flows the moſt natural and intelligibly from his own maſterly Pen

THAT the *Rheumatiſm* (I don't mean the acute ſort) and *Scurvy* have many Symptoms in common with one another, is obvious to all who are but little converſant with the Practice of *Phyſick*; ſuch as wandering or erratick Aches and Pains, in different Parts, at uncertain Periods, violent Head-aches, copious Sediment of the Urine upon ſtanding any time, and a pungent corroſive Pain, which ſeizes the muſculous Parts of the Legs, and which the Patient deſcribes by a gnawing Pain, occaſioned by a ſtronger Coalition of the *vitiated Particles*; becauſe in thoſe Parts the Circulation is ſlower, as they are remote from the Heart, and ſo conſequently the Attraction is greater. There are many more Circumſtances, which theſe two Diſorders have in Common, which I deſignedly pretermit, for fear of falling under the Imputation of deviating too much from my original Subject. To diſtinguiſh betwixt theſe two (in ſome Caſes) ſimular Diſtempers, requires a very penetrating and ſagacious Judgment; for an Error of this kind has ſometimes entail'd a numerous Retinue of Inconveniencies upon the unhappy Patient, and through a tedious

Series

Series of Inquietudes, brought his Hairs, without the Characteriſtick of old Age, with Sorrow to the Grave. I knew a Dabbler in Phyſick, who miſtaking the *Rheumatiſm* for the *Scurvy*, (indeed there is a *ſcorbutick Rheumatiſm*) ordered the *antiſcorbutick Juices*: After the third Doſe, the poor Gentleman was ſeized with a violent Fever; and on the fifth Day (which was the firſt as well as laſt time that I ſaw him) he died delirious. I will not undertake concluſively to aſſert, that this Misfortune was immediately owing to the Adminiſtration of this Medicine, ſince there is Room to believe that ſome Inflammation was inſinuated into the Blood, and did coincide with the original Diſtemper; for after proper Evacuation, (ſince, from the Account I had, the *Rheumatiſm* was *chronical*) though the Caſe was not rightly judg'd, the aforeſaid *Juices* had been no deſpicable Remedy. I'm not inſenſible that ſome Gentlemen of great Learning and eminent Abilities in our Profeſſion, are unwilling to imagine, according to the Notion of Dr. *Sydenham*, that the Scurvy is ſo common, as is generally believ'd, in our Iſland, or even to allow that it is to be look'd upon as a diſtinct Diſeaſe, but rather

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the incipient Principles of ſome approaching Indiſpoſition, or the Relicks of ſome *Cacochymy* not entirely ſubdued, by which the Blood and Juices become tainted and perverted from their natural Purity: I may, I hope, without being culpable, declare, that I conceive the *Scurvy* to be a real Diſtemper; and what I apprehend, from the Deſcription of the Symptoms and Circumſtances, the grand Author of our Faculty, *Hippocrates*, has call'd the *great Spleen:* and the perfect Mirrour of Philoſophy and Phyſical Literature, Dr. *Pitcairn*, has elegantly deping'd the various Effects of the *Scurvy*; and terms it, *an intimate Breaking of the Blood*, or *a general Change of the laſt Texture of the Blood*, or *a Cohesion of the Parts of the laſt Compoſition chang'd*; and then, after giving a *mechanical* Account of its Nature and Production, advances an happy Method of Cure. Our learned Country-man, Dr. *Willis*, attributes two Cauſes; *viz.* the *Sulphureo-ſaline*, and the *Saline-ſulphureous* Humours, for the two Sorts of this Diſtemper; the former for the hot, and the latter for the cold Species of it. But I muſt put a Stop to this Digreſſion, with this Remark, That it is not material whether

ther the *Scurvy* is a real and actually form'd Diſtemper, or whether it is a Prelude to ſome congregating or depending Diſeaſe, or the Trophies of ſome unconquer'd *Cachexy*; ſince in its utmoſt Malignancy and Extent, by proper Application, its Career may be ſtopp'd, and the Contagion extirpated.

INNUMERABLE and unforeſeen Accidents attend poor Mortals, that very much imbitter the moſt exalted Pleaſures, nauſeate the moſt refin'd Enjoyments of Life, and hurry on that fatal Hour that puts a final Period to all our Anxieties, by ſubliming us from the groſs and earthly Weight of Fleſh and Blood, and ſpiritualizing our Nature for the Joys of Eternity: And tho' we cannot reverſe the Decrees of Heaven, ſo far as entirely to prevent them; yet, by a prudent Conduct, and adequate Management of ourſelves, a ſtrict Conformity, and ſteady Adherence to the unerring Rules of Temperance, and proper Exerciſe, we may, in a great meaſure, obviate the impending Blow, ſpin out the Thread of Life to a conſiderable Length, and make out Exit in a good advanced Age. The *Air*, in which we breathe,

abounds, at certain Seaſons, with *Particles*, that are inimical to our Well-being and Repoſe; we imbibe, more or leſs of, an *Acid* with every Inſpiration: And *Lindanus* informs us, that one of the beſt Juices in our Bodies, the Spittle, is inquinated with an *Acid* that floats in our Atmoſphere; and, as he ſays, by Degrees, becomes the Baſis of malignant and peſtilential Diſeaſes, and epidemical Infection. That there is an *Acid* in the *Air*, is demonſtrable from the *natural Nitre* frequently obſerv'd upon old Stone Walls; as alſo from the known Experiment of *Vitriol*, which, after Diſtillation, if it lies expos'd to the Air, will afford a ſtronger and more corroſive Spirit from the ſecond Preparation, than it did the firſt. When the *Saliva* is once polluted with an *Acid*, it muſt be convey'd into the Stomach, and, as a neceſſary Liquor, muſt aſſiſt in the important Buſineſs of Digeſtion and Chylification, and from thence will be transfus'd into the Blood, and, in an adequate Proportion to every Juice, ſecern'd from it: And when the *Fluids* become offenſive in Quality, and are perverted from their native Purity by the inordinate Commotion of their integral Parts, Diſtempers of

various Kinds muſt neceſſarily be produc'd, which may, very probably, ſap the Foundation of the human Fabrick, and reduce it to its primitive Duſt. Since it is the common Fate of Mortality to be inviron'd with inevitable Danger, it is the Intereſt of every Man of Prudence, upon the firſt Alarm of an Indiſpoſition, to conſult Thoſe, whoſe Province it is to reſtore loſt Health; ſo that, by proper and timely Application, the Diſeaſe may be ſtifled in Embryo, and its Seed eradicated before it comes to deadly Maturation. To guard againſt an approaching Inconvenience in any Circumſtances of Life, is Praiſe-worthy, and eſteem'd an Argument of ſound Judgment; and as Prevention is preferable to Cure, what the Poet very juſtly inculcates, may merit the ſtricteſt Attention;

——— *Venienti occurrite morbo.*

DISORDERS are diſcriminated by various and particular Appellations, in regard to the Part they are ſeated in; tho' many derive their troubleſome Streams from the ſame polluted Fountain, *viz.* a *Cacochymy*: And

this ſometimes has its Source from internal, and ſometimes from external Injuries; from internal, when the Nature of our Food and Liquors is ſuch, either in reſpect of the Quantity or Quality, as cannot be aſſimulated to the Blood, without altering or diſcompoſing its equable Motion, and natural *Craſis*; from external, when the cutaneous Pores are too much conſtring'd and obſtructed, or from the Interpoſition of *nitrous*, or any other *foreign Particles*, through thoſe Paſſages. I ſhall delineate ſome different Effects from the ſame primary Cauſe; and for others, refer the Reader to *Etmuller* and *Riverius*, where, I'm certain, he'll be extremely pleas'd with the juſt, accurate, and inſtructive Deſcription of various Diſeaſes, deducible from one and the ſame inividual Foundation. When a *Cacochymy* is once got within the Dominions of the human Microcoſm, ſome Diſorder muſt neceſſarily appear, according to the Nature and Tendency of the vitiated Fluid: When it diſplays itſelf in an Inflammation of the Jaws, Throat, and Parts adjacent, it is call'd a *Squincy:* When it ſeizes the double Membrane, which covers all the Cavity of the *Thorax*, it is term'd a *Pleuriſy:* When the Subſtance

Subſtance of the *Lungs* is inflam'd, it is term'd a *Peripneumony:* When it ruſhes into the inner Coats of the Stomach or Bowels, it excites a *Cholick:* When it fixes upon the *hæmorrhoidal Veins*, and extends to the Streight Gut, it is call'd the *Piles:* When it takes its Seat in the muſculous Parts of the Body, it is ſtil'd a *Rheumatiſm:* And when, from its ſuperabundant Acrimony, it ravages farther into the Oeconomy, and fixes upon the *Joints* and *neighbouring Parts*, it is call'd the *Gout:* When any Part is tumify'd from the Severity of a *Rheumatiſm*, it is not always diſcoloured; but in the Gout the Part is conſtantly red, much inflam'd, and, at the Declenſion of the Fit, ſwell'd; which argues the Cauſe of the latter to be more pungent, acute, and penetrating than the former; and this, together with the different Places, which theſe two Enemies of human Repoſe occupy, may ſerve as a Diſtinction betwixt one and the other Diſeaſe as to the common *Phænomena*.

WHAT Cauſe ſoever diſpoſes the Texture of the Blood to be more viſcid than natural, will hinder Perſpiration; and when

Nature is once diſturb'd in that great and healthful Work, ſhe ſoon begins to be defective in many more of the *animal Functions*: Of ſo great Importance therefore is a right Diſcharge by the Pores, both as to the Quantity and the Matter of it, that the whole Conſtitution immediately ſuffers by the Want of it. This cannot ſeem ſtrange to One, who conſiders what large Quantities are convey'd off by them. By *Pores*, are to be underſtood the excretory Ducts of the *cutaneous Glands*, both *internal*, as of the *Guts* and *Viſcera*, and the common Coverings of the *Muſcles*, as well as the *external* of the Skin. Nature has ſo provided, that if this neceſſary Evacuation is impeded in one Part, it is always augmented in another; or elſe a Diſorder muſt inevitably enſue; becauſe the natural Secretions are not regular, uniform, and adequate to their aſſign'd Office.

HENCE we may learn, that when the Frigidity or *nitrous Particles* of the circumambient Air, which more immediately affects the outer Skin, leſſens the *inſenſible Perſpiration*, the *ſenſible Evacuations* are increas'd; as commonly the Urine, or greater Quanti-

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tities are carry'd off, by Reſpiration, from the Lungs, and Parts adjacent, to the Mouth, or perſpir'd into the Cavities of the Guts; which afterwards are diſcharg'd, in breaking Wind, either upwards or downwards: For as long as the Impulſe within remains the ſame, where-ever there is the leaſt Reſiſtance, there always will be the greateſt Derivation of the *perſpirable Matter*. And from hence it is that we frequently obſerve, that when the Body is more than uſually expos'd to Cold, Gripings, and great Uneaſineſs in the Bowels, or ſometimes in the Stomach; which is noting elſe but ſome part of the *perſpirable Matter*, which ought to have paſs'd the outer Skin, check'd by the Cold, and by an opener Paſſage within thrown off that Way. As a farther Confirmation of this Doctrine, I think it not improper to give the Senſe of *Sanctorius*, in his IXth Aphoriſm, §. 2. in his *Medicina Statica: If in a warm Seaſon, a cold Day happens; in the Space of that Day, ſuppoſing the Way of Living to be the ſame, about a third Part of the perſpirable Matter will be obſtructed: which, unleſs it be diverted by ſome of the ſenſible Evacuations, will be diſpos'd to Putrifaction, and diſorder the whole Conſti-*

tution. I could enforce the Validity of this Doctrine from many Authors of great Weight and Figure in the Schools of Learning, as well in our own as foreign Nations, but the great Name of my laſt-cited Author exempts me from that Trouble.

IT is the chief Buſineſs of Nature, when any morbifick Humour (which is inconſiſtent with her preſent Eaſe) diſturbs her uniform Motions in the animal Oeconomy, to ſummon her utmoſt Force to curb the inordinate Sallies of the active and deleterious Particles, and, with the ſtrongeſt Efforts, endeavour to expel them through thoſe Sluices, which are capable to convey and carry them out of the Body; and for this Purpoſe, a violent, unexpected Flux (ſometimes of Blood) by Seige, ſhall take its Riſe, a copious and immoderate Evacuation by Urine, or a more than natural Diſcharge by Sweat: Thus ſhe is always upon her Guard, and employ'd in her own Defence, has many ways to ſtruggle for her Relief; but if ſhe is unequal to that *great Task*, convenient Medicines are requir'd, to conduct her in that Path, to which ſhe

ſeems

ſeems to point for her Aſſiſtance, in order to obviate the impending Danger.

AN uncommon Viſcidity of the Blood and Fluids ſeparated from it, is the certain Baſis of *Rheumatick* Complaints, and wandering Pains, as has been mechanically demonſtrated by the late ingenious and learned Dr. *James Keill* of *Northampton*; I ſhall therefore endeavour to illuſtrate, by what external Accidents this preternatural Thickneſs may be transfus'd into the Maſs of Blood, from the Inſinuation of *frigorifick Particles* through the Pores of the Skin, that is, thoſe nitrous Atoms which fluctuate in the Air in cold Weather; hence the Blood is diſpos'd to run into ſuch Coheſions, and liquid Denſities, as are proper to form the Humours ſecern'd in the Glands of the Lungs and Noſe, which by their attractive Power will unite with the Particles that ſwim in the Serum of the Blood; thus a *Lentor* will be produced: And as in the Extremities the Attraction will be ſtrongeſt, becauſe in thoſe Parts the Motion of all the Particles is near equal; ſo a Senſe of Pain will be perceiv'd in thoſe Parts that, from the diſtant Situation from the Fountain of Motion,

Motion, the *Heart*, the Circulation is languid, and not able to prevent the Union of the *nitrous* and depraved *Corpuſcles*: As it is obvious, that if a known Quantity of Liquor muſt circulate, in a given Time, through a *Tube* of a determinate *Diameter*, and any of the conſtituent Particles of that Fluid are more condens'd or viſcid than the reſt, the condenſed or viſcid Parts will be more languid in their Motion, and more forcibly preſs againſt the Sides of the *Tube*, and, if it is capable of Extenſion, ſwell it beyond its uſual and natural Dimenſion; ſo the Blood, when in any Veſſel it is more glutinous, or any of its Parts more intimately adheſive than it ought to be, will extend it, and Pain will be the neceſſary Conſequence of that violent Diſtention, which the Veſſel ſuſtains, as well from the Viſcidity, as from the retarded Motion of the Fluid.

LEWENHOECK pretends, by the Aſſiſtance of Glaſſes, to have diſcover'd the Texture of the *Cuticula* to be ſcaly, and that thoſe Scales cover one another in ſeveral Lays, more or leſs, according to the different Thickneſs of the Scarf-ſkin in the ſeveral Parts

Parts of the Body; in the Compaſs of one cuticular Scale, he reckons there may be five hundred excretory Channels, and that a *Grain* of Sand will cover one hundred twenty-five thouſand *Orifices*, thro' which we daily perſpire. Now if the *cutaneous Pores* are as numerous as this Author ſays they are, or in a much inferior Degree, it is not difficult to account when, at particular Times, we are ſurrounded with, or rather breathe in a *nitrous* or *acid* Air, and the Minuteneſs of theſe *nitrous* or *acid Particles* is of a ſimular Form with the Capacities of theſe gaping Pores; what a vaſt Quantity of theſe *nitrous* or *acid Particles* muſt be receiv'd by the gaping Paſſages, as well as by Inſpiration, into the Stomach and Lungs? and by this Means transfus'd into the Blood, muſt condenſe the liquid Parts, and ſo induce ſomething like a *Coagulum*, or at leaſt a *Lentor*, and ſo the whole Maſs becomes perverted from its pure and regular Temperature. If through the whole Body ſuch an infinite Number of ſecretory Outlets is diffuſed, there muſt be a very large Quantity of *perſpirable Matter* diſcharg'd continually through them. *Sanctorius* was of Opinion, that fifty Ounces

of

of *perſpirable Matter* was evacuated in the Space of a natural Day: But the learned Sir *John Floyer* of *Litchfield* demonſtrated to the contrary in our Climate, by Experiments made for that Purpoſe: And Dr. *Keill* is very inſtructive upon that Subject, in his *Medicina Statica Britannica*. The different Account of theſe great Men upon the Doctrine of *Perſpiration*, does not reſult from the Contrariety of their own Notions, but from the Difference of the Climates (and the various Methods of Life) in which they flouriſh'd, and writ; *Sanctorius* living at *Padua* in *Italy*, and the other two Gentlemen in our own Iſland; ſo that, inſtead of fifty Ounces in the Space of a natural Day, it is evident we only perſpire about ſeven or eight in that Time.

IF through an Obſtruction of the cutaneous Pores from any external Cauſe, or too intimate a Coheſion of the Particles to be ſecern'd, the *Materia Perſpirabilis* is retain'd in the Body, we may eaſily (for Reaſons before aſſign'd) conceive how, and after what Manner a *Rheumatiſm*, or ſome other Diſorder not unlike it, may enſue, unleſs the ſenſible Evacuations are augmented; for when

when the Blood is once over-charg'd with vitiated or depraved Qualities, they will ſhew themſelves either by Stagnations, or Irritations, and ſo produce Diſeaſes according to the Character of the predominant Humour, and the Appellation of the Parts upon which they lodge their virulent and morbifick Principles. It is, beyond Contradiction, certain, that the *cutaneous Pores* are pervious and ſuſceptible of the Vapours, whether ſalubrious or noxious, which float in the Air; and Dr. *Keill* aſſerts, from ſtatical Experiments, that in one Night he gain'd eighteen Ounces, which were attracted by the Skin, and mix'd with the Blood. I wiſh this Gentleman had told us what Alteration he perceiv'd; *viz.* whether the ſenſible Secretions were increaſed, or what was the Effect of this additional Weight imbib'd by the Pores. But I ſhall ſtop here, and recommend the Reader to *Borelli*, *Bellini*, *Pitcairn*, and *Mead*, who have wrote very intelligibly concerning the Animal Oeconomy, and admirably diſplay'd the various Uſes and different Textures of the *Solids* and *Fluids* in the human Body.

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THE Severities of a *Rheumatiſm* delight to libertinize in various Parts of the human Fabrick, triumph in different Shapes in different Perſons, compel the moſt reſolute Courage to ſubmit to their Authority, and acknowledge the irreſiſtible Weight of their *Prerogative*; and often lay Waſte a good and vigorous Conſtitution, by bringing on a tedious and endleſs Series of nervous and hypochondriac Diſorders. The unhappy Fate of thoſe Valetudinarians, who have naturally weak Nerves, or whoſe Nerves become ſo by any previous Indiſpoſition, is only known to themſelves, and the omniſcient Author of all Things. The *Rheumatiſm* ſometimes produces an Impotence to Motion in one or more Parts of the Body, which proceeds not ſo much from an Obſtruction of the Nerves, as from the continued Violence of the Pain: by reaſon of which the Muſcles cannot contract themſelves: Sometimes it rages more univerſally; and ſometimes it is confin'd to a particular Part, and another time flies with ſurprizing Rapidity from one, to the oppoſite Side of the Body, and will for many Hours, nay, perhaps, many Days, elude the Power

Power of the moſt efficacious Remedies. Diſtortion of the Joints, and Contraction of the Ligaments, which cover them, is frequently the Conſequence of this Diſtemper, when it has not been ſkilfully manag'd; and, in ſhort, the whole Circumference of the Body is ſubject to its Tyranny; and when it is once got into the Blood, there are not many Parts which eſcape its Fury. *Etmuller de Febribus*, page 217. tells us how Fevers are produc'd: His Words are theſe; *Cauſæ febrium in genere erunt omnia ea, quæ craſin maſſæ ſanguineæ naturalem pervertere, & talem diſcraſiam, ſeu talem heterogenitatem, & non miſcibilitatem ut ita dicam partium componentium inducere poſſunt, ut exinde ſalium conatu concuſſa, fermentatio præternaturalis concitetur.* A Fever always is concomitant with this *Diſtemper*, when it is *acute*; but 'tis ſometimes purely *ſymptomatical*, as in the Gout, and is occaſion'd merely by the Pain and Uneaſineſs under which the Patient ſeverely labours, and therefore in no wiſe ſhortens the Fit: but when the Fever is *coeval*, and falls in *originally* with that *Dyſcraſy* of the Blood and Juices, which is the Parent of this *Diſtemperature*, the Illneſs itſelf

ſelf becomes *originally acute*, and either terminates in Death, or a ſpeedy *Criſis*: Thus *Eryſipela*, *Pleuriſy*, *Quinſy*, &c.

THERE is another Species of a *Rheumatiſm*, which obſerves a certain and conſtant Period in its Attack and Duration, entirely different from that I have already deſcrib'd, and that is a *convulſive Rheumatiſm*. I've met with many Inſtances of this Nature, which I've ſometimes conquer'd by the Adminiſtration of the *Bark*, *Camomile-flowers*, and *Salt of Wormwood* decocted in *Milk-water*, betwixt the Fits, as in the Caſe of Intermittents; and ſometimes, by giving, about an Hour before the Return of the Fits, forty or fifty Drops of *Sal Volat. Oleoſ.* in a little *Mint* and *Epidemick-water*, the Pains have been mitigated, the Continuance ſhorten'd, and, by five or ſix Doſes, the Diſorder has entirely vaniſh'd. I ſhall beg Leave to tranſcribe a Caſe of this Kind from our Country-man Dr. *Willis*, *de Scorbuto*: He tells us of a Gentleman, who, by ſitting too long in his Study when the Walls were new-plaiſter'd, had ſo far vitiated his Blood, that he was ſeiz'd with violent racking Pains

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all over his Body exactly at four o' Clock every Morning, which held him 'till eight; they were ſo exquiſitely ſevere, that had they been continual, an Alienation of Mind muſt have enſu'd. Doubtleſs this Dyſcraſy of the Blood and Juices was produc'd by the Acceſſion of frigorifick or nitrous Particles thro' the Pores, which came from the Moiſture of the Plaiſter. And this is that *convulſive Rheumatiſm* which Dr. *Pitts* makes mention of in the *Philoſophical Tranſactions*, No. 200. p. 58. and which was happily cur'd by the ſame Means. Some who implicitly credit what the judicious *Sydenham* has left upon Record, may think it an odd Piece of Practice to preſcribe the *Cortex* in a *Rheumatiſm*; ſince this great Author has aſſur'd Poſterity, that the worſt Inconveniency which he found to attend the Adminiſtration of that Medicine, was, that, upon a long-continu'd Uſe, it was apt to excite a *Rheumatiſm*. I muſt own I've as great a Regard for the Memory of Dr. *Sydenham*, as the Abilities of his Letters and Merit require: but I can't compliment, at the Expence of my own Experience and Reaſon; ſince they both atteſt the repeated Succeſs of this Remedy,

in many Inſtances of the laſt-obſerv'd Sort of this Diſtemper.

As this *Diſeaſe* is rarely found in the ſame Degree, and under the ſame Circumſtances, in different Perſons, partly from the different Conſtitution of the Patients, and partly from the various Cauſes which occaſion it; ſo it is impoſſible to preſcribe an univerſal Method, that will infallibly ſucceed in all *Rheumatick Caſes:* For it often happens, that what will effectually eradicate the Diſtemper in one, ſhall add new Force to, and confirm it in another. Though this I'll undertake to aſſert, That a *Rheumatiſm*, whether *acute* or *chronical*, is with as much Facility cur'd, as any other Indiſpoſition which afflicts Mankind, if the Oppreſſed has the good Fortune to fall into the Hands of a prudent and diſtinguiſhing *Phyſician*, who ſcorns to trifle with his Patient, to enhance his own Advantage. But ſuch is the prepoſterous Incogitancy, or rather Infatuation of the preſent Age, that proper Advice is ſeldom call'd in, 'till the Patient, by the unerring Direction of ſome *all-wiſe Medicaſter*, has ſwallow'd down every Article, both *Galenical* and *Chymical*,

mical, in the whole *Materia Medica*; 'till at length the Ignorance of the Man is undeniably demonſtrated by the Obſtinacy of the *Diſeaſe*; when at laſt he condeſcends that a Phyſician ſhall be ſent for, who, without any prophetick Knowledge, can foretel the poor deluded Wretch's impending Danger, and approaching *Cataſtrophe*, without a Poſſibility of Prevention. Thus, too great a Confidence in Quacks, Noſtrum-mongers, and good old Women (as they are generally call'd), have ſign'd many Paſs-ports for innumerable credulous Mortals to ſet Sail into the Ocean of Eternity: And happy, very happy it is for theſe ſurviving *Pretenders to Phyſick*, that the State of Oblivion cannot be the Scene of Repentance, nor the Grave lodge an Appeal for Male-practice; yet however theſe Homicides may evade the Cognizance of temporal Laws, they ſtand accountable at the Bar of Heaven: What will then be the Wages of theſe abominable and inſufferable Sinners, is eaſily known to Him, who at the great and general Tribunal ſhall reward all Men according to their Works!

Diſorders of all Denominations, are, by Miſmanagement, made incorrigible, obſtinate, and fatal; which the timely Inſpection of a good Judgment might have prevented, and ſecur'd a Life, the Loſs of which is of the utmoſt Detriment to a Family or Country: Hence the Gentlemen of the moſt Honourable (next to Divinity) Profeſſion under the Heavens, (whoſe Abilities and Merit are conſpicuous to the Learned Part of the World) are traduc'd, aſpers'd, and calumniated by Thoſe, who temeariouſly judge of Things at firſt View, through the unſufferable Ignorance, and ungovernable Impudence of theſe *audacious Uſurpers*, and *ſcandalous Intruders* upon the Art of Healing. Was it poſſible to advance a Courſe of Phyſick, that would, if adminiſter'd with Judgment, certainly and effectually cure every Species of the *Rheumatiſm*, it would neither be convenient or ſafe ſo to do: For, firſt, it would too much divulge the *Arcana* of the Faculty; (for I think it is on all hands granted, that it is the peculiar Privilege of all Profeſſions, to ſecrete the Maxims, Rules, and Methods of their own Science, ſo far as

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is conſiſtent with the Intereſt and Welfare of the Parties, for whom any Profeſſor is concern'd; though I ſhall, by and by, lay down a diſtinct Manner of treating each Species of this Diſtemper, as deducible from the Cauſes before aſſign'd): And, ſecondly, every illiterate Coxcomb, if he could work himſelf into a Belief that he was tortur'd with this *Diſaſter*, would indiſcriminately conform to the Method propos'd; and, probably, miſtaking his Caſe, might, perhaps, entail a numerous Retinue of corporal Misfortunes upon himſelf, that would not only render the Remainder of his Days very uncomfortable, but would accelerate the Diſcharge of that Debt, which all Mankind, by the irreverſible Law of Nature, is oblig'd to pay. The Cauſes and Cures of Diſtempers incident to Mankind, are obvious and familiar to Thoſe, who, by the Approbation of Heaven upon their honeſt Endeavours, are the Guardians of preſent, and the Reſtorers of impaired Health. And Thoſe are, undoubtedly, the moſt likely, under all Exigencies, to form the beſt Judgment, who, from one of our illuſtrious Fountains of *Literature*, have imbib'd *Botanical*, *Ana-*

tomical, and *Chymical* Notions and Obſervations, and are not unacquainted with the Mode of *Galenical Preparations*, and, by an early and ſtrenuous Application, and frequent Converſation with the Fathers of Medicine, back'd with the Obſervation of a ſucceſsful Practice, have acquir'd Credit and Reputation to themſelves, and, conſequently, afforded Relief to Thoſe who have deſir'd their Aſſiſtance.

I'VE ſaid before, how many Ways the Maſs of human Blood may be vitiated: I ſhall now tell the Conſequences of ſuch a *Dyſcraſy*, the worſt of which is impeding the *Perſpiration*; for this being, in a natural State, proportionate to its *Velocity* in the Veſſels, it muſt follow, that when, from any preternatural Cauſe, this *Velocity* is retarded, the Matter perſpir'd muſt be leſs, therefore the Quantity retain'd more. Take and weigh a Coffee-diſh full of *Rheumatick* Blood againſt the ſame Quantity of the ſame Perſon in a State of Health; (what the exact Difference is, I have not experienc'd, but all agree the *Rheumatick* is heavier). Now the Weight of the Blood being as its Quantity

tity and Denſity conjointly, ſince the Quantity is the ſame, the Weight is as its Denſity; and therefore the Energy of the Heart, or Impulſe, being ſuppoſed uniform, the *Velocity* of the Blood and Juices are in a reciprocal Proportion to this Weight. Now *Perſpiration* is as this *Velocity*; and therefore Circulation, Life, Health, and Perſpiration, ſeem to be only different Names for the ſame Thing.

I WOULD not be underſtood as if Life may not be without Health, and Perſpiration without Circulation; (for when a Body is once put into Motion, 'tis no Wonder it ſhould continue to move ſome time after the *Vis Motrix* has ceas'd to act): but I mean, that theſe Operations of Nature are congenial, uniform, and proportionate. From whence it will follow, that the Difference of Weight which I mention'd in the laſt Paragraph, is the *Perſpirabile Intercluſum*; which, for Reaſons before aſſign'd, muſt render the Texture of the Blood more denſe and viſcid than natural, and conſequently may become the eſſential or funda-

mental Cauſe of a *Rheumatick Diſtemperature*.

WE need not be concern'd, that in feverish, and moſt inflammatory Diſtempers, the *Velocity* of the Blood is greater, and yet the *Perpiration* leſs; for this is purely accidental, from the Obſtruction of the cuticular Glands; which being by degrees, at laſt, by the increaſing *Velocity*, overcome, the *Perſpirabile* flows out, like the Burſt of a Gun, in Sweat and Dew: hence the balſamick Particles of the vital Fluid become liquify'd, and conſonant to an healthful *Craſis*; being freed from the pernicious Aſſociation and intimate Adheſion of vitiated, obſtructed, and inſalubrious Humours.

AN unavoidable Conſequence of an impeded Perſpiration, either from internal or external Cauſes, is a preternatural augmented Denſity of the Blood and Juices: For, by the Retention of the *Perſpirabile*, all the Fluids in the human Machine are render'd more denſe than natural, their Motions altered, and the Solids in an adequate manner proportionably

portionably affected; I mean, the Nerves, and all the delicate Veſſels in which the finer Secretions are perform'd. And Doctor *Cheyne* has, with great Truth and Judgment, obſerv'd, That *an Obſtruction of Perſpiration, is generally the Source of all acute Diſeaſes, as it is a Conſequence of all chronical ones.*

I WOULD not be thought concluſively to aſſert, that a more than common Denſity of the Blood, either from the Vitiation of its own component Particles, or the Interpoſition of noxious and inteſtine Humours, muſt neceſſarily excite a *Rheumatiſm*; but purely, that ſuch a Diſpoſition may, and ſometimes is the Cauſe of this Diſtemper. For, as I've before obſerv'd, many diſtinct Diſeaſes are produced from one and the ſame Fountain; ſo, when *Rheumatick* Aches owe their Riſe to ſuch a Dyſcraſy, it is purely accidental, and not a neceſſary Effect ſolely deducible from its pre-exiſtent Cauſe: ſince we ſee, in different Perſons, various Diſorders diſplay their Cruelty in different Shapes, though the ſame original *Cacochymy* contributes to their Formation and Birth. And in this Senſe I deſire to be underſtood, when I aſſign

I aſſign ſeparate Cauſes for the Production either of an *acute* or a *chronical Rheumatiſm*, in all its various Symptoms and Circumſtances through the whole Courſe of the Diſtemper.

As the Diſparity of Age, Sex, and Conſtitution is great; ſo it will be impoſſible to preſcribe an abſolute and compleat Method of Cure for every individual Perſon, who ſhall be ſo unhappy as to labour under the Severities of the *Rheumatiſm*. And as I would not be inſtrumental in leading any One into an Error, either in the Conduct of Life, or in the Management of this, or any other Indiſpoſition; ſo I ſhall, in the Intention of Cure, ſuppoſe the Patient to be about thirty-ſix Years of Age: Thence, from Parity of Reaſon, and an adequate Regard being had to the Strength of the Patient, and the Quantity of the medicinal Articles; it will not be unreaſonable to preſume, that a ſucceſsful Event may be expected, the Caſe being rightly judg'd, and the Phyſick regularly and cautiouſly adminiſter'd; ſince Experience, repeated Experience, that unerring Guide in Practice, does proclaim the Truth

and

and Succeſs of what I ſhall here advance in relation to the Management and Cure of the *Rheumatiſm*, as it depends on many diſtinct and remote Cauſes.

HEAVEN ſeems to have compos'd the *Sex* of more refined Materials, and a more delicate Texture, than any other Part of its Creation, and decreed them for the mutual Intercourſes of all the endearing Pleaſures of Life, by exempting them from the common Fatigues, which Men, of more robuſt Conſtitutions, can chearfully undergo. Upon this Account, on the firſt Aſſault, in the State, or at the Decline of a Diſeaſe, the Ladies are ſometimes ſubject to *hyſterick* and *nervous* Diſorders. And to guard againſt this great Infelicity, I know nothing ſo efficacious as the Uſe of *Caſtor. Ruſſ. Galban. Colat. Trochiſ. de Myr. Aſſ. Fætid.* &c. or Preparations from theſe, or ſome other nervous Article, with ſuch Medicines as the Nature of the Caſe requires: And by this Means I've often reliev'd Complaints of this Kind, and, by early Application, frequently prevented them. Neither would I adviſe the Adminiſtration of a gentle

gentle *Cathartick* to One of weak Nerves, without the auxiliary Aſſiſtance of ſome nervous Ingredients to ſupport and ſecure the nervous Syſtem from Tremblings, Fainting, and Low-ſpiritedneſs; Inconveniencies, which, for want of this Caution, are frequently the Conſequence of purgative, or any other Evacuations.

I HAVE attributed the firſt Cauſe of a *Rheumatiſm* to a ſerous, ſaline Humour ſuperfluouſly abounding in the Maſs of Blood, *&c.* p. 14: But before I ſhall particularize the Steps in order for a Cure, it may not be improper to conſider, whether it is a *Rheumatiſm* with a *ſymptomatical* Fever; or, whether the Fever happens *originally* to be coeval with the Diſtemper, for then it is *acute*; or, whether it is *chronical*, with few or no feveriſh Symptoms; or, whether it is *periodical*, or general through the whole Body, or confin'd to any particular Parts. In the Cure of a *Rheumatiſm* with a *ſymptomatical* Fever, the firſt phyſical Weapons are to be levelled at the Extirpation of thoſe Humours in the Blood, which occaſion it, (without any regard to the

the Fever; for, as the Pain abates, the Fever will diminiſh, and at length totally diſappear); for which Purpoſe a Vomit will be of Service, to pump up the Filth from the Stomach, and pave the Way for conveying proper Medicines into the Blood with greater Efficacy, to correct and evacuate the ſuperabundant and vitiated Humours. The Form of the Emetick may be as follows:

℞. *Infuſ. Croc. Metal.* ʒſs.
Oxymell. Scillit. ʒiii.
Ob. Amygdal. Amar. ʒvi.
Aq. Rutæ ʒi.
Salis Vitriol. ϶ſs. *M.*

Contunde ſimùl in Marmor. Mortar. ſ. hauſtus Emeticus horâ ſextâ veſperi ſumendus, urgente ægrotudine bibat copiosè Decoctum in Aq. Fontan. Card. Benedict. & Flor. Chamæmel. ana p. æ.

Two Hours after the Vomit has done working, going to Bed, the Patient may take the following Draught:

℞. *Aq.*

℞. *Aq. Lact. Alex.*
Aq. Flor. Chamæmel. ana ℥iß.
Theriac. Epidem. ana ℥ß.
Antimon. Diaphoret. ℈i.
LL. Syd. gt. xv.
Spt. Nitr. dulc. gt. xii.
Ob. Chy. Junip. gt. v.
Saccar. Albiſſ. ℥iß. *M. f. hauſtus more prædicto ſumendus.*

THIS Draught may probably raiſe a *Diaphoreſis*, and diſcharge ſome of the morbifick Matter by the cuticular Glands, as well as by Urine: The Patient therefore ſhould be careful that he does not the next Morning take Cold; for avoiding which, I would have him breakfaſt in Bed, and put on clean Linen before he gets up: His Breakfaſt may be Green, Bohea, Sage, Lemon, or any of theſe Teas, mix'd, at ten in the Morning: And four in the Afternoon, I would adviſe the following Electuary to be taken, as below directed; and, if the Patient can bear the Exerciſe, I would recommend riding on Horſe-back an Hour after it, or more. And if at any time Thirſt is troubleſome, a Draught of *Bath-water* warm will be of Uſe

Uſe to allay it; or if it is too nauſeous warm, it may be taken cold.

℞. *Conſerv. Anthoſ.*
Flavid. Aurant. ana ℥i.
Cinnab. Antimon. ℥ſs.
Pulv. Ari. Comp. ʒiſs.
Chel. 69. *pp.* ʒii.
Milleped. pp. ʒſs.
Salis Abſynth. ʒi.
Syr. Martis. Q. ſ. m. f. Elect. S. A.

Capiat quantitatem Nuc. Moſchat. horâ decimâ manè, horâque quartâ poſtmeridian. ſuperbibendo Aq. Bathonienſis tepidè ℥vi.

THIS Courſe muſt be continued five or ſix Days, or longer, if neceſſary, to procure Sleep. The Draught order'd after the Vomit, may be taken every Night, going to Bed. And when the Violence of the Diſtemper begins to leſſen, the following Bolus muſt be taken, going to Bed, or after the firſt Sleep:

℞. *Calomel.* ʒi.
Flor. Sulph. gr. v.

LL. Syd. gt. iii.
Conſerv. Roſar. rub. ℥ *ſ. m. f.*
Bolus (Deauretur) horâ Decubitûs ſumendus.

℞. *Pill. Coch. Min.* ℥ß.
Deſin. Jalap. gr. xiii.
Pulv. Rhei. opt. gr. xii.
Salis Succin. gr. iii.
Ol. Chy. Junip. gt. iiii.

Elix. Proprietat. ℥ *ſ. m. f. Pill. no.* viii.
(Deaurentur) Capiat mane ſequente cum regimine.

THE Electuary to be omitted on the Purging Days: And, during this Courſe, as little Fleſh as poſſible ſhould be eaten, and Malt-Liquor forborne. And if the Spirits are exhauſted by the Operation of the Phyſick, the following Draught may be taken, going to Bed:

℞. *Aq. Ceraſ. nigr.* ℥iiß.
Menth. ℥ß.
Dris. Stephan.
Cinnamom. Fort. ana ℥iii.

Confect.

Confect. Alkerm. ℥ß.
Theriac. Androm. ℈i.
Syr. de Mecon. ʒvi. *M. f. hauſtus*
H. S. ſumendus.

THE Day after the Purge, the Electuary and *Bath*-Water muſt be taken, as before, for three or four Days, and then the Bolus and Pills may be repeated *cum Regimine*: And if, after this, the Party does not find a manifeſt Alteration for the better, let ℥xiv. of Blood be taken from the Median Vein in the Arm. And if the Pain rages more in one particular Part than another, let the Cupping-glaſſes, with the Air-Pump, be ſet on, dry, for five or ſix times, and then a Bliſter apply'd to the Part, if it is not on the Trunk of the Body. If the Violence of Pain is in the Hips, Back, or Sides, Embrocations may be proper; *viz.*

℞. *Spt. Vin. rectificat.* ℔ ß.
Spt. Lavend. Comp. ℥i.
Aq. Regin. Hungar. ℥iv.

Ol. Exceſt. Ol. Lumbricor. Terreſt. ana ℥ß.
Ol. Succin. ʒii. *Camphor.* ʒß. *M. ex-*

quiſitè incorporentur. f. embrocatio manu tepifactâ. parti dolore affectæ illinenda bis vel ter. in Die. vel. —

℞. *Emplaſt. ad Herni. de Cymin. Galban. Colat. Theriac. Andr. ana p. æ. Camphor.* ℈i. *Ol. Succin. gt.* xxx. *M. f. Emplaſt. parti dolore affectæ applicandum.*

THE Patient muſt not expect, upon the firſt taking of theſe Medicines, to lay aſide his Crutches, and walk; for Mankind has long been unacquainted with the Power of working Miracles: It is Perſeverance in a regular Courſe of Phyſick, and an abſtemious Way of Life, which muſt effect any conſiderable Alteration in a Conſtitution replete with depraved and vitiated Humours. And I doubt not but this Method, with the Approbation of the immortal Governor of Men and Angels, will effectually anſwer every Intention in the Cure of the firſt Sort of the *Rheumatiſm*, if the Directions are cautiouſly obſerv'd, and regularly purſu'd. That I may not be miſunderſtood, I would have the Bolus at Night,

and

and the Pills in the Morning, repeated every fourth Day, during this Courſe, 'till the wiſh'd-for End is happily obtained.

THE next Species of the *Rheumatiſm*, which is attended with the Coincidence of a Fever upon that *Dyſcraſy* of the Blood which produces it, and therefore term'd *acute*, requires a Treatment peculiar from that which I've already laid down. Here, indeed, is a Caſe ſurrounded with many Difficulties, great Danger, (the Fever being continual) and requires a ſagacious Genius to obviate the impending Fate; the Fever is to be brought to a *Criſis*, and the *Dyſcraſy* of the Blood to be corrected at the ſame time; and great Care and Judgment are neceſſary to ſecure the Nerves from the Impreſſion and Aſſault of theſe formidable (and, ſometimes, invincible) Enemies. Our great Maſter, *Hippocrates*, Aphor. 24. §. 1. ſays, *That in acute Diſeaſes, and in the Beginning of Diſeaſes, Phyſick muſt be us'd, but with great Circumſpection.* I muſt own, I pay a great Deference to the ancient Writers of our Profeſſion, value their Performances, and honour their Memories; but am convinc'd,

that Delays, even in Conformity to the Doctrine of this Aphoriſm, are frequently pernicious, and often not retrievable: Not that I am for hurrying on, and loading Nature with an unreaſonable Weight of Medicines, either in acute, or other Caſes, but affording her ſuch Aſſiſtance as a mature and well-grounded Judgment can ſuggeſt that ſhe really wants. The Caſe of Diſeaſes is to be attempted in their Infancy, before they have got too deep and firm Poſſeſſion in a Conſtitution, and before they have laid Waſte any of the vital or noble Parts, or obtain'd too great an Aſcendency over the declining Spirits, and languiſhing Strength.

I SHALL conſider now the Manner of treating an *acute Rheumatiſm*, attended with a continual Fever, and would endeavour to ſtop the Career of that dangerous Diſtemper, in the ſubſequent Method; but ſhall firſt obſerve, That ſometimes, under theſe deplorable Circumſtances, Deliriums, Comas, Convulſions, and other nervous Symptoms do appear: And then, in the Management of this Diſtemper, Regard is to be had to ſuch hazardous Attendants, as well as to the original

original Diſorder. If the *Rheumatick* Pains are confin'd to one Side, or any particular Part of the Body, I would adviſe Bleeding in the oppoſite Arm, *viz. Mittatur Sanguis è Venâ Medianâ ana* ℥xii. *pro veribus primo mane.*

EVERY third Hour let the following Bolus be taken, drinking after it a Draught of Sack-whey hot, with 50 or 60 of the following Drops:

℞. *Lapid. Contrayerv.* ℈i.
Cinnab. Antimon.
Croc. Anglican. pulveriz. ana gr. vili.
Caſtor. Ruſſia. gr. iii.
Salis Succin. gr. ii.
Theriac. Androm. q. ſ. M. f. Bolus.

℞. *Spt. Salis Volat. Oleoſ.* ℥i.
Lavend. Comp. ℥ß.
Tinctur. Caſſumin. ℥iiß.
LL. Syd. g. xxxx. *M. more prædicto & ad placitum urgente Lypothymiâ, vel Diaphoreſi decreſcente ſumend.*

THESE Bolus's and Drops are to be continued for two or three Days: But if the *Rheumatick* Pains ſhould be very troubleſome, in the taking of theſe Medicines, to check the Fever, *&c.* I would adviſe the Application of Bliſters, and the Cupping-glaſſes, with Scarification upon or near the Part, which may be of Service; *viz.*

Applicetur Emplaſt. Epiſpaſt. ad Nucham & ſubter ambas axillas horâ ſomni, vel propriùs in partes dolore affectas.

IF Reſt is much wanting, the following Draught may be taken at nine at Night; (for I ſuppoſe the Patient keeps in Bed):

℞. *Aq. Lact.* ℥iiſs.
Theriac. Mirab. ana ℥ſs.
L.L. S. gt. xv.
Antimon. Diaphoret. ℈i.
Theriac. Androm ℈ſs.
Syr. de Mecon ℥ſs. *M. f. hauſtus Hypnoticus.*

IF neceſſary this Draught may be taken every Night: And from theſe Medicines, in ſix or ſeven Days, very probably, the Secretions may be altered, and the Urine diſcover a manifeſt Tendency to a regular and perfect *Criſis*; but it often happens longer before this happy Effect appears. But if the Fever is brought to an Intermiſſion, a conſiderable Point is gain'd: If, upon the Intermiſſion of the Fever, the *Rhenmatick* Pains are as violent as when the Fever was continual, it will be proper to loſe more Blood, as far diſtant from the Part or Parts affected as poſſible, to make a Revulſion of the morbifick Humours; and, by ſuch Evacuations, carry off ſome, and make the Remainder of ſuch a fluxile Minuteneſs, as to be capable of being diſcharg'd by the urinary, or ſome other ſalubrious and *critical* Secretion. Impotency to Motion, does ſometimes affect the Parts, when the Pains are ſuperlatively violent, and continues for ſome Days: To relieve which, Friction with a warm Flannel, the Fleſh-bruſh, dry Cupping, and the following Embrocation, will be of Service:

℞. *Fol. Chamæpit. Abrotan. ana m.* ii.
Fol. Melilot. m. i.
Baccar. Junip. ℥ß.
Coque in Aq. Fontan. ℔iii. *ad* ℔iß. *f. colatur. addeq; Regin. Hung.* ℥iv.
Sp. Lavend. comp. Math. Spir. Coch. ana ℥i.
Spt. Sal. Armoniac ℥iß.
Camphor. ℥iß.
Ol. Ætherial. Terebinth. ℥ß. *M. f. Fotus ſtupis Laneis bis vel ſæpiùs in die calidè utendus.*

To prevent the Retreat of the Pain into the Head, Stomach, or Bowels, the Bolus's before preſcribed, with the Sack-whey, and Drops, will be neceſſary, as well as aſſiſting in carrying off the Reliques of the febrifick Fomes, which now is reduced to a periodical Intermiſſion. By this Method, the Fever may, probably, be entirely vanquiſhed; which, if perchance it ſhould not, the following Draught may be taken, going to Bed, when the Fever has return'd the preceding Day:

. *Tinct.*

℞. *Tinct. Rhæi. opt.* ℥i.
Tinct. Hier. Picr. ℥ß.
Elix. Salut. ℥iii.
Spt. Nitri dulc. gt. xxv.
Ol. Chymicè Junip. gt. viii.
Syr. è Spin. Cervin. ℥ß. *M. f. hauſtus more prædicto ſumendus.*

I WOULD recommend the drinking of Sack-whey the next Morning, to encourage the Operation of the Draught taken the Night before: The Draught may be repeated, as the Exigency of Symptoms ſhall require, under the Direction and Approbation of a ſound Judgment. But if, after three of theſe Draughts, the *periodical Fever* is not conquer'd, we may ſafely proceed to give the Cortex in the ſubſequent Form: And if the Patient is able to ride about, that Exerciſe will contribute very much to promote the Efficacy of the Medicines following; *viz.*

℞. *Conſerv. flavid. Aurant.* ℥ß.
Cort. Peru recentèr pulveriz. ℥ß.
Pulv. è Flor. Chamæmel. ℥i.

Cynnab.

Cinnab. Ant. ʒii.
Chel. 69. *pp.* ℈ii.
Milleped. pp. ʒi.
Salis Abſynth. ʒß.
Syr. Aurant. Q. ſ. M. Elect.

Capiat. quant. N. M. horâ nonâ mane horâque quartâ poſtmeridiana ſuperbibendo ℥viiiii. *Aq. Bathonienſis tepidè.*

SOME like the Cortex in Decoction, as more agreeable to the Palate; though I muſt own I prefer it in Subſtance: becauſe I have known the Bark after Decoction, when it ſhould have been caſt away as uſeleſs, to cure a Tertian Ague more than once: And this I experienc'd, to gratify my own Curioſity, and to diſcover the Properties of a Medicine, which, in ſome Caſes, is a very excellent one; and in others, for want of Judgment, of very fatal Conſequence. But if I would attempt the Cure of the *Rheumatiſm*, as well as the Fever at the ſame time, I would adviſe the taking of four or five Spoonfuls of the following Apozem after the Electuary, and then the *Bath-water*.

℞. *Fol. Trifol. Paluſt. Ebul. ana m.* iiii.
Radic. Aſparag. Petaſitid. ana ʒvi.
Semen. Rutæ Coriand. Fœnicul. dulc. ana ʒiii.
Raphan. Ruſtican. ʒſs.
Semen Druc. Sylveſt. ʒiſs.
Salis Tartar ℈i.
M. Coque in Aq. Fontan. ℔iiiſs. *ad Dimidiam f. Colatur. Addeque Aq. Epidem. Syr. è quinque Radicib. Aperient. ana* ʒiiſs. *M. f. Apozema more prædicto vel ſæpiùs in* ʒviii. *Aq. Bathonienſis ſumendum pro arbitrio.*

WHEN the Fever is gone, and the *Rheumatick* Pains remain, tho' in a much inferior Degree to what they were, the Cold-Bath will be of vaſt Advantage: And the Patient need not be afraid of bringing on the Fever again by ſuch an Undertaking; for if the Fever had not entirely left him, the Cold-Bath would neither be a deſpicable nor an unjuſtifiable Practice. To correct and extirpate the remaining Acrimony in the Blood during the Uſe of the Cold-Bath, the following

lowing Electuary will contribute; and for that Purpoſe may be continu'd for a Month or ſix Weeks after the Pains are ceaſed.

℞. *Conſerv. Fruct. Cynosbat.* ℥ſs.
Cinnab. Antimon. ℥iſs.
Nitri purificat. ℥iiſs.
Ol. Chymicè Junip. gt. x.
Syr. Martis q. ſ. M. Elect.

Capiat quantitatem Juglandis mane jejuno Stomacho, horâque 5tâ poſt meridiem ſuperbibendo ℥vi. *Teæ tepidè Trifol. Paluſt. Ebul. ana p. æ. præparatæ, & Saccar. albiſ. condit. Edulcatæ pro ſapore.*

THE Subject of Cold-Bathing, as to its Antiquity, Uſefulneſs, and Neceſſity, has been very learnedly diſcuſſed by Dr. *Guidot*, Sir *John Floyer* of *Litchfield*, and Dr. *Baynard*, to whoſe learned Works I ſhall, for Brevity's ſake, recommend the Curious, where he'll find, that purely by the Aſſiſtance and Uſe of the Cold-Bath, in many *chronick Caſes*, ſurprizing Cures have been effected. And in ſlight and common *Rheumatick* Complaints, which

which do not confine the Patient to his Bed, and return at uncertain Times, there is not a more expeditious and certain Relief, than plunging into cold Water, when the Pains are very troubleſome, and afterwards to get betwixt a Pair of Blankets, where the Party will ſweat much. And by this Management, I knew an old Man, who died ſome Years after ninety, to make his Life tolerably eaſy for betwixt fifty and ſixty Years; but he uſed to go into the Water at any time, even in the Night, if his Pains were violent, and then betwixt a Pair of Blankets he'd ſweat for three or four Hours, and the next Day to his Buſineſs, which was no higher a Station of Life than a Day-Labourer; and he has often aſſur'd me, that he has been eaſy for four or five Days after he went into the Water, *&c.* and this he practis'd betwixt fifty and ſixty Years with certain Succeſs; and at laſt did not fall a Sacrifice to his old Complaint, but like a Lamp, for Want of Oil to ſupport and nouriſh the Flame, became extinct, and was *gathered to his Fathers*, in the 95th Year of his Age.

I SHALL

I SHALL not, in the Manner of treating this painful Diſeaſe, lay down a long and tedious Detail of Medicines adapted to every various Symptom and altering Circumſtance of this Diſtemper; ſince the Cure may readily be effected by Diluting, Refrigerating, and Evacuating Remedies; by which the exorbitant Force of the ſulphureous Particles of the Blood will be tamed, the Impurities expel'd, and the Vital Fluid reduc'd to its native Harmony, and peaceful State.

THE *acute Rheumatiſm* is not very much unlike the *Gout* in its Nature and Properties; the dolorous and inflammatory Tumors upon the Joints, and the ſwift Removal of the Pains and Swellings from one to the adverſe Part of the Body, exactly reſembles it; though, in ſome reſpects, it differs from it; *viz.* the *acute Rheumatiſm*, 'till it is upon the decline, is accompany'd with a continual Fever; whereas the Gout is attended with many periodical Remiſſions and Exacerbations, the Return and Duration of which compleats a regular Fit of the Gout: Though Providence does, in ſome meaſure, ſeem very juſtly

juſtly to have commiſerated the Infelicities to which *Arthriticks* are expos'd, by exempting them from the Subjection of other Diſtempers, to which their Fellow-Creatures are often enſlav'd. This Privilege annex'd to the Gouty, is, I think, very much overbalanc'd by the Tortures they endure; eſpecially if a Man is ſo unhappy as to be confin'd at the two Cardinal Seaſons, in which the Gout generally makes an Attack, the Spring, and Autumn: Though, when the Meridian of Life is paſt, the gouty Humours often change their Seat, terminate in the Stone, and nephritick Complaints, and lay Waſte the decay'd and tottering Fabrick.

I HAVE obſerv'd, *page* 14, That an unuſual and preternatural Viſcidity of the Blood and Juices ſecreted from it, is a common and permanent Baſis of a *Rheumatiſm*; and ſhall now ſubſtitute a Method of relieving that Diſtemper, when it proceeds from this Cauſe: In order to which, it muſt be conſider'd, Whether it is *acute* or *chronical*; and a Form of Treatment preſcribed according to the Nature and Circumſtances of the Diſorder. If it is *acute*, Recourſe muſt

muſt be had to Sudorificks, Diluters, Diureticks, and other Remedies, which will liquify the denſe and viſcid Particles of the noxious Humours, and force them out of the Blood by the cutaneous or urinary Paſſages. Bleeding, in *acute* Caſes of this Kind, every fourth or fifth Day, to ten or twelve Ounces, according to the Exigencies of the Symptoms, and the Strength of the Patient, will be of Advantage: but Regard muſt be had, leſt the remaining Maſs be too much impoveriſhed, and thence *Dropſical* and *Conſumptive* Diſorders induced. Bliſtering alſo will be of Service. And as Dilutition is the grand Intention in the Cure of this Species of a *Rheumatiſm*; to gain the End, and to promote and diſpel the obſtructed Perſpiration, and conquer the morbifick *Fomes*, the following Bolus will be of ſingular Uſe and Efficacy:

℞. *Lac. Sulp. Bezoar. Mineral ana gr.* xii.
Pulv. Radic. Serpentar. Virg. gr. vii.
Camphor. Salis Succin. ana gr. ii.
Confect. Alkerm. q. ſ. M. f.

Bolus horâ quâque ſecundâ ſumendus ſuperbibendo hauſtum Teæ tepidè Limon. & Flor. Camæmel. præparat. & Saccar. albiſſ. edulcat. pro arbitrio.

To

To ſome weak Stomachs Camphire may be offenſive; ſo that it may either be omitted, or elſe a Grain or two of *Laud. Lond.* may be added to the two firſt Bolus's: And, indeed, if a Grain or two of *Laud. Lond.* were always put into the two firſt Bolus's, the Medicine would be render'd more effectual; for Opium, and its Preparations in any Form, promotes the Operations of Sudorifick, rarefies the Blood, allays Pains, and makes Remedies leſs offenſive to weak and decay'd Stomachs: Though I would not be underſtood always to encourage the Adminiſtration of this ſovereign Article to all Patients indifferently; ſince I know that even one Drop of *Laud. Liq.* given to ſome Perſons, ſhall bring on Convulſions, and ſo violently affect the Nerves, that periodical hyſterick Diſorders ſhall be excited for many Days. And under theſe miſerable Circumſtances, nothing is of more expeditious and certain Relief than Bliſters, and Cupping with Scarification, with a Glaſs of Mint-water, with 30 Drops of *Tinct. Caſtor. Ruſſ.* and xv. *Spt. Salis Volat. Oleoſ.* at proper Intervals. If in five or ſix Days time, upon taking theſe Bolus's, the Fever abates, part of the viſcid

and morbifick Humours being liquify'd and diſcharg'd by the cutaneous Paſſages, it will be proper to continue their Uſe 'till the Fever diſappears: And to obtain that deſirable End, the following Bolus, every Night going to Reſt, (when the Fever is upon the decline) will very much contribute.

℞. *Ent. Vener.* ℈i.
Chel. 69. *pp,* ℈ß.
Salis Abſynth. gr. iv.
Nitri Purificat. gr. vi.
Ol. Chymicè Junip. gt. iiii.
Pulv. Croc. Anglican. gr. iii.
Syr. Dialth. q. ſ. M. f. Bolus horâ ſomni ſumendus ſuperbibendo hauſtum Aq. Bathonienſis tepidè.

BUT this Bolus is not to be given 'till the Fever is in ſome meaſure vanquiſhed: And even through the whole Courſe of the Fever, *Bath-water* and ſmall Tea's may be allow'd, to dilute and deſtroy the too intimate Coheſion of the peccant Particles, and fit them for a Conveyance out of the Body by the Emunctories. But I would in this, as well as the other

other Sort of this Diſtemper, pave the Way for a Cure by a Vomit: And if at any time Coſtiveneſs ſhould be troubleſome, a Glyſter of Milk, with Anniſe and Fennel-ſeeds boil'd in it, a little Salt, Sweet Oil, and a little coarſe Sugar, may be injected. As to the Topicks, which reſpect the Parts where the *Rheumatick* Pains are lodg'd, thoſe mention'd in the Cure of the other Species of a *Rheumatiſm* may be uſed with Safety and Succeſs.

WHEN the Fever is entirely gone, and the *Rheumatick* Pains continue, thoſe Complaints are to be treated as if they had been *original*, without a Fever; and for that Purpoſe, nothing in the whole Syſtem of Phyſical Preparation does more effectually conduce, than *Cinnab. Antimon.*; a *Medicine* of Sterling-worth, known Efficacy, and ſeldom fails of Succeſs, if adminiſter'd with Judgment. There is no Intention to be anſwer'd in a *Rheumatick* Caſe, but what, we may reaſonably preſume, *Cinnab. Antimon.* will effect. What Advantages may we not expect from the united Force of *Mercury*, *Sulphur*, and *Antimony*, the three Articles which conſtitute

ſtitute this noble Medicine; which, by its Subtilty and Solidity, is enabled to paſs thro' the minuteſt Paſſages; and, by its *Momentum*, to break through the Obſtructions in the Veſſels, the Fibres, and nervous Meanders, in which the Seat of a *Rheumatiſm* is generally fix'd? *Mercury* is to the Blood, as one is to thirteen; ſo that the Velocity of the Blood muſt, by ſuch a Medicine, be augmented proportionably to the *mercurial* Particles which are got into it; and becoming Part of the circulating Fluid, muſt of courſe, by the neceſſary Laws of Motion, from their ſuperior Gravities, be of great Force to break their Way, where Particles of inferior Gravity cannot get through: For, by how much the *mercurial Globules* are heavier than the *Globules* of the Blood, or any morbifick or peccant Particles contain'd in it, by ſo much will the Preſſure of them be greater againſt all Denſities and Obſtructions which would impede their Paſſage: And therefore, by ſuch Particles, the Fluids in the Glands and Capillaries will be more readily reduc'd to their native and healthful Conſiſtence, than by thoſe which are lighter. Hence the Viſcidity of the Blood and Juices will be diluted, the Veſ-

ſels

ſels reſtored to their proper Tone, and a more vigorous Circulation encouraged: And as *Sublimate* is depriv'd of its corroſive Faculty by the Addition of more *Mercury*, which potently attracts its *acid Salts*; ſo *Mercury* mix'd with the Blood and ſecreted Fluids, attracts their *acid* Salts; and cohering to them, carries them off by thoſe Paſſages, in which, by Virtue of its Nature and Preparation, its Operation conſiſts.

WHEN from an *acute Rheumatiſm* a chronical one enſues, which often happens, the laſt-mentioned Medicine is a ſovereign Remedy; a Vomit, or a gentle mercurial Purge being premis'd: The Form, in which I would give this grand Corrector of *Rheumatick* Inquietudes, is as follows:

℞. *Conſerv. Fruct. Cynosbat.* ℥i.
Cinnab. Antimon. ℥ii.
Corall. rub. pp. ʒi.
Margarit. pp. ʒß.
Ol. Saſſaf. gt. viii.
Syr. Limon. q. ſ. M. F. Elect.

Capiat. quant. N. M. horis Phyſicis ſuperbibendo hauſtum Aq. Spadan. vel Bathonienſis.

Or half a Pint of this Decoction warm, after the Electuary, where *Spa* or *Bath-water* can't be had, I've order'd with Succeſs;

℞. *Chamæpit. m.* iii.
Radic. Aſparag. ʒvi.
Semin. Dauc. Sylveſt. ʒii.
Z. Z. Contuſ. ʒſs. *ſummit.*
Centaur. Min. p. ii.
Semin. Fœnicul. dulc. ʒiſs.
Salis Abſynth. ℈i. *m.*
Coque in Aq. Fontan. ℔iii.
ad Dimidiam, f. Colatur.
Addeque Aq. Raphan. Comp. ʒiv.
Syr. Dialth. ʒii. *M. f. Decoct. more prædicto ſumendum.*

If a gentle Cathartick is given once a Week during this Courſe, it will contribute to facilitate the Cure. The Form of the Purge may be as follows; *viz.*

℞. *Calomel.*

℞. *Calomel.* ℈ß.
Flor. Sulph. gr. iv.
Reſin. Jalap. Diagrid. ana gr. iii.
L. L. Syd. gt. iiii.
Conſerv. Anthoſ. q. ſ. M. f. Bolus horâ Decubitûs ſumendus: Proximo Die ante ſurgendi Tempus Capiat hauſtem ſequentem.

℞. *Fruct. Tamarind. Senn. Alexand. ana* ʒi.
Rhei. opt. ʒß.
Ficum nº. iv.
Semin. Anniſ. ℈ii.
Cremor. Tartar. ʒiiß.
Coque in Aq. Fontan. q. ſ. ad ʒiiß. *f. Colatur.*
Addeque Elix. Salut. ʒß.
Spt. Nitri dulc. g. x.
Syr. è Spin. Cervin. ʒvi. *M. f. hauſtus more prædicto cum Regimine ſumendus.*

IF, according to Expectation, the Severity of the Diſtemper, upon the Uſe of theſe

Remedies, does not manifeſtly abate, Bleeding to ten or twelve Ounces will very much promote the Cure. Aſs's Milk drank in the Morning in Bed, with the teſtaceous Powders, will be of ſingular Service in correcting and altering the Sharpneſs of the Blood and Juices. I know, ſome are for an univerſal Milk-Diet, in this and other Diſorders which proceed from the Acrimony of the Blood: But I would not perſwade a Man into ſuch an abſtemious Courſe of Life, unleſs there is an apparent Neceſſity, and all other Methods prove uſeleſs and unſucceſsful; ſince, by it, he muſt be diveſted of what, perhaps, he eſteems the greateſt Pleaſure in Life, the innocent and juſtifiable Uſe of a Glaſs amongſt his Friends, to meliorate Converſation, and ſublime the mutual Felicities of the ſocial Virtues, ſo far as is conſiſtent with Decency and Prudence. Riding on Horſe-back, or in a Coach, Chair, or any other Conveniency, will very much aſſiſt the Operations of the Medicines; though I would prefer the Exerciſe on Horſe-back to any other, and that immediately upon taking the Electuary. I could expatiate largely upon the Advantages of various Sorts of Exerciſe; but that Subject has

has been ſo truly and judiciouſly handled and diſcuſſed by Dr. *Fuller*, in his *Medicin. Gymnaſt.* that I muſt beg Leave to refer the Curious to the Book itſelf.

I'VE deſcrib'd an *acute* and *chronical Rheumatiſm*, from a preternatural Viſcidity of the Blood and Juices, and a manner of treating each Diſtemper ſeparately; *viz.* the *chronical* Sort, as it is ſometimes the Conſequence of an *acute one*; or as an *acute inflammatory Rheumatiſm* does ſometimes turn to a *chronical one* before its Violence is fully ſpent, or totally diſappears: I ſhall now make ſome Obſervations upon a *Rheumatiſm* which is purely *chronical* from a viſcid State of the Blood and Juices; and lay down a Method of Cure, according to what I promis'd in the Beginning of this Treatiſe.

A CHRONICAL *Rheumatiſm* is ſuch a Species of that Diſtemper, which does frequently and at uncertain Intervals exert its Violence, and diſplay its Cruelty ſometimes in one, and ſometimes many Parts of the Body, without any feveriſh or inflammatory Symptoms; but ſometimes it is fix'd to one particular

ticular Part, and ſometimes more generally diffus'd through the human Fabrick, and rages more immoderately at one time than another: And even in this Sort, an Inability to Motion does often ſeize the Part where theſe pungent Pains are ſeated; or at leaſt, the Power of Motion is very languid and weak. To dilute and convey from the Blood the too adheſive and noxious Particles, are the two grand and eſſential Articles neceſſary to ſubdue the Tyranny of this common Diſturber of human Quietude: And in order to this, the following Remedies will ſpeedily and ſafely contribute; *viz.*

℞. *Pulv. Radic. Ipecacuan.* ℈i.
Salis Vitriol. gr. iiii.
Oxymell. Scillit. ʒii.
Aq. Rutæ ℥iſs.
Ol. Lini. ʒſs. *M. f. hauſtus Emeticus horâ ſextâ Veſperi ſumendus per Operationem bibat Decoct. Rutæ Flor. Chamæmel. ana p. æ.*

Two or three Hours after the Vomit has done working, let the following Draught be taken, going to Bed;

℞. *Aq.*

℞. *Aq. Menth. Ceraſ. nigr. ana* ℥iſs.
Lapid. Contrayerv. 3iſs.
LL. Syd. gt. xx.
Aq. Theriac. ℥ſs.
Syr. Tolutan. 3ii. *M. f. hauſtus horâ ſomni ſumendus.*

THIS Draught may, probably, raiſe a breathing Sweat; which may be encouraged, either in the Night, or the next Morning, with a Draught of Camomil-Tea, with 50 Drops of *Spt. Sal. Volat. Oleoſ.* or, if that Tea is diſagreeable, Sack-whey may be ſubſtituted. The next Night, I would adviſe the taking of the following Bolus of *Calomel*, (for of this the Effect is plain in Salivation): And the Purging Draught may be taken, the Morning after the Bolus, lying in Bed an Hour after it:

℞. *Calomel. gr.* xii.
Reſin. Jalap. gr. iv.
Flor. Sulph. gr. iii.
Ol. Chym. Junip. gt. iii.
Conſerv. Fruct. Cynosbat. q. ſ. M. f. Bolus horâ ſomni ſumendus.

℞. *Fruct.*

℞. *Fruct. Tamarind.* ʒiſs.
Fol. Senn. Alexand. ʒiii.
Rhei. Opt. ʒſs. *Liquoriz.* ʒii.
Salis Tartar. ℈i. *M.*
Coque in Aq. Fontan. q. ſ. f.
Colatur ℥iii.
Addeque Syr. Roſar. Solutiv. ℥ſs.
Ol. Chym. Anniſ. gt. iii.
Elix. Proprietat. gt. xxx. *M. f. hauſtus Catharticus ante ſurgendi tempus ſumendus cum cuſtodiâ levi.*

THIS Bolus and Purging Draught may be repeated twice in the firſt Week; after which, I would order Bleeding to ten or twelve Ounces, according to the Strength of the Patient, and the Circumſtances of the Diſtemper. If the Pains are ſo very ſharp as to prevent Sleep, any Night (except when the Calomel Bolus is taken) twenty Drops of *Sydenham*'s Liquid Laudanum may be taken in a Glaſs of Sack, or Palm-wine. If twenty Drops ſhould not be ſufficient to procure Reſt, an Advance may be made to twenty-five or thirty Drops, at Diſcretion. But one great

great Inconveniency, which attends the repeated Uſe of Opiates, is a Loſs of Appetite; a Misfortune, which ſhould, if poſſible, be guarded againſt: And therefore I would not recommend the frequent Uſe of ſomniferous Medicines, unleſs under the laſt Neceſſity; and then they ſhould be forbore, when the Patient can lie tolerably free from Pain in Bed, if he can't reſt ſo much as he could wiſh: Sleep, that great Relief from human Infelicities, will pleaſingly ſucceed, when the Severity of the Diſtemper is leſſen'd, and Weakneſs, or want of Strength, the unavoidable Conſequence of it, ſhall gradually be conquer'd by the growing Power of approaching Health. When the Purge before mentioned has been twice or thrice repeated, the following Electuary will very much contribute to correct the vitiated Humours in the Blood and Juices, and invigorate the languid Maſs with a more free and generous Circulation; *viz.*

℞. *Conſerv. Antheſ.* ℥ß.
Specier. Diambr. S. O. ℥iß.
Chalyb. Sulph. pp. ℥ii.
Z. Z. in Indiâ. Condit. ℥i.
Nucis Moſcat. Condit. ℥ß.

Ocul.

Ocul. 69. *pp.* ℈ii.
Ol. Chym. Junip. gt. xii.
Syr. Limon. q.ſ. M. f. Elect.

Capiat quantitatem N. M. horâ nonâ mane horâque quartâ poſtmeridianâ ſuperbibendo ℥vi. *Aquæ Piermont.*

EXERCISE on Horſe-back, if the Patient can bear it, without too much Fatigue, for an Hour or two, or in a Chair or Coach, will very much promote the ſucceſsful Operation of theſe Medicines; and four Spoonfuls of *Lower*'s Bitter Infuſion in a Glaſs of Mountain-wine and *Bath-water* an Hour before Dinner, will be of ſingular Advantage: And the ſame may be repeated at any time when faint, or low-ſpirited. The beſt Form of preparing this Bitter Infuſion, which I've met with, is as follows, and ought always to be kept in Readineſs, as it is a Medicine of great Worth and Value, not only in this, but in many other *chronick* Caſes:

℞. *Summit. Abſynth. Centaur. min. ana p.* iii.

Semin.

Semin. Cardu. Benedict. ℥vi.
Radic. Gentian. ℥iſs.
Limatur. Martis ℥vi. *Infunde in* ℔iii. *Aq. Lact. Alex. Aq. Abſynth. min. Comp.* ℔i. *Spt. Abſynth. min. Comp.* ℔iſs. *per Dies quatuordecem; quotidiè agitatâ Phialâ; f. Colatur. Adminiſtratione mandante.*

AN elegant Bitter this, and worthy the Cuſtody of the Cloſet, as well as the Shop; and if two or three Spoonfuls are taken in a Diſh of Tea of either Sort, it will prevent the Inconveniencies, (*viz.* Low-ſpiritedneſs, and Loſs of Appetite) which often proceed from the too common and immoderate Uſe of thoſe Liquors. After the aforeſaid Electuary and Infuſion have been us'd for ten Days, it will be proper to loſe Blood to ten Ounces. And if, after that, the Pain is as violent as before, the Cupping-glaſſes, with Scarification, may be apply'd upon the Part, and renew'd according to Diſcretion, and the Relief obtain'd by the firſt Application. The Uſe of the Fleſh-bruſh, Night and Morning, upon the Parts where the Pain rages moſt violently,

violently, will be of Advantage, by opening the Pores, and breathing out part of the offenſive Humours: And ſometimes Veſicatories are apply'd with Succeſs.

WHEN a *Chronical Rheumatiſm*, from a viſcid State of Blood, has been diffus'd in many or moſt Parts of the Body for ſome Time, and at laſt the morbifick Principles centre in the Leg, Thigh, Arm, or any other Part, in the Nature of an Abſceſs, it requires Suppuratives to bring it to Maturity for the Lancet; and this is a Solution of the Diſtemper: though it ſometimes happens that theſe Tumors are difficultly brought to maturate, by the greateſt Art; and then, under theſe Circumſtances, Salivation is the grand and chief Anchor to which we muſt fly, and, in judicious Hands, an happy Event may be expected. Diſcuſſive Applications in every Form I've often try'd in vain, and often ſuppurative *Topicks* have not met with a better Fate. Salivation, that ſalubrious Courſe of Phyſick, has of late ſuffered very much in its Reputation, purely through the Ignorance of illiterate Quacks and Empiricks, who impudently treat all Diſeaſes in the ſame Method,

thod, and injudiciouſly aſſert the apparent Neceſſity of Salivation in all *Rheumatick* Caſes; though I muſt own, that the laſt-obſerv'd Sort of that Diſtemperature only requires that Treatment. To adviſe or attempt even a gentle Spitting, for the Relief of vagrant *rheumatick* or erratick Aches, argues a total Ignorance, as well of the proper Uſe of Medicines, as of the Cauſe and Nature of the Diſeaſe, and of the Structure of the *animal Oeconomy*, and the Fluids and Solids contain'd in it.

RHEUMATICK Impurities (like Gouty Humours) are very inconſtant in their Motion and Attack, and exerciſe their Tyranny as well upon the internal as the external Parts of the human Fabrick. Sometimes they excite moſt racking Aches in the Head; ſometimes a *lethargick* and *comatoſe Diſpoſition* appears; and at other times many Symptoms ſcarcely diſtinguiſhable from *epileptick* or *apoplectick* Fits. To diſlodge theſe formidable Troops of peccant and *morbifick* Humours from their dangerous Intrenchment, and to free and fortify the Head from their future Sallies and Incurſions, Bleeding under the

Tongue, in the Jugular, at the Temples, in the Arm, or the Application of Cupping-glaſſes at the Shoulders, ſhaving the Head, and warm ſpirituous Embrocations rubb'd upon it, Bliſters upon the Legs, and under the Arm-pits, and Plaiſters made of *Emplaſt. Cephal. cum Euphorb. Theriac. Androm. ana p. æ. Galban. parum Ol. Succin. gt.* xxx. laid to the Soles of the Feet. Sternutatories alſo will be of Advantage. Internal cordial Medicines are requiſite, to give a briſker Motion to the Fluids. A warm ſtomachick Purge of *Tinct. Rhei. Elix. Salut. ana* ℥i. *Spt. Lavend. Comp.* ʒii. *Syr. è Spin. Cervin. è Roſ. Solutiv. ana* ℥ſs. *Spt. Nitr. dulc. gt.* xvii. will be of great Uſe, by inſtigating the expulſive Faculty in the Diſcharge of ſome of the noxious Humours, and adding new Warmth and Vigour to the Blood and Nerves. And ſcapular Fontinels will be of ſingular Service, to prevent the Retreat of the Enemy to its old and dangerous Station, as well as convey off many offenſive Humours, which, doubtleſs, would fall upon other Parts of the Body.

THE Stomach is often the Scene of this cruel Diſtemper, where it excites violent Pain and Uneaſineſs, perpetual Vomiting, and conſequently muſt induce a Loſs of Appetite; and ſometimes a Chillineſs, or Senſe of Cold, is perceiv'd in the Stomach, and nauſeous Eructations are ſometimes very frequent and offenſive. To remove and expel theſe torturing Inquietudes, from this tender, as well as dangerous Part, the ſubſequent medicinal Articles (often have), and, I hope, often will ſpeedily contribute, if a manifeſt and fatal Breach is not, either by old Age, or a long Series of complicated Illneſs, made in the Conſtitution; which imminently threatens its total Subverſion and Ruin, by a Mortification in that or ſome other noble Veſſel.

℞. *Tinctur. Hier. Picr. Vin. Alb. Extract.* ʒiſs. *Elix. Salut.* ʒvi.
Spt. Lavend. Comp. ʒſs.
Ol. Chym. Junip. gt. viii.
Syr. è Spin. Cervin. ʒſs. *M. f. hauſtus horâ ſomni ſumendus*

WHEN the Stomach ſeems to be very much inflated, and the Pain almoſt intolerable, ſix Spoonfuls of the following Decoction in an equal Quantity of Mountain-wine, or (if the Patient has been much accuſtom'd to drink ſpirituous Liquors) Arrack, with the repeated Application of very warm Flannels to his Stomach, may contribute to his Eaſe and Repoſe:

℞. *Radic. Serpentar. Virg. Contuſ.* ʒii.
Zedoar. Calam. Aromat. ana ʒi.
Pulv. Chamæpyt. ℈ii.
Semen. Fœnicul. dulc. Dauc. Sylveſt. Contuſ. ana ℈i. *Cardamom. Maj.* ʒſs.
Sal. Tartar. ℈ſs. *M. Coque in Aq. Menth.* ℔i. *ad.* ℔ſs. *f. Colatur. Adde Aq. Abſinth. Maj. Comp. Aq. Mirab. ana* ʒiv. *M. f. Decoct. more prædicto, & pro re natâ urgente Ventriculi dolore ſumend.*

AFTER two or three Days interpoſing, the Aperient Draught, going to Bed, may be repeated. And if a continued want of Reſt demands

demands an Opiate, the following Form will anſwer that Intention, and may without Scruple be us'd without the leaſt Shadow of Danger; except the unavoidable Conſequence of Opiates (which I've before hinted) forbids; *viz.*

℞. *Aq. Lact. Alex.* ℥iſs.
Cinnamon. Fort. ʒiii.
Aq. Abſynth. Maj. Comp. ʒii.
Theriac. Androm. ʒſs.
Lapid. Contray. ℈ſs.
L. L. Syd. gt. xii.
Syr. de Mecon. ʒiiſs. *M. f. hauſtus pro re natâ horâ ſomni ſumendus.*

ON the Days when the Aperient Draught is omitted, it will be proper to take the Quantity of a middle-ſiz'd Wall-nut of the following Electuary at nine in the Morning, and five in the Afternoon, drinking after each Doſe four Spoonfuls of the Infuſion of Snake-weed in Mountain-wine, in a Glaſs of *Spa-water*, or, if it can be procur'd, a ſmall Glaſs of Viper-wine:

℞. *Conſerv. Abſynth. Roman. Theriac. Androm. ana* ℥ſs.
Ocul. 69. *pp. Corall. Rub. pp. ana* ʒſs.
Croc. Anglican. Myr. Elect. ſubtiliſſimè pulveriz. ana gr. xv.
Salis Abſynth. ℥ſs.
Extract. Gentian. ʒi.
Pulv. Ari. Comp. ʒiſs.
Syr. è Cort. Citri. q. ſ. M. f. Elect. more prædicto ſumendum.

IF a conſtant Diſpoſition to vomiting, or a perpetual Attempt to emit ſomething from the Stomach after Eating or Drinking, or at any other time, ſhould continue, it may be convenient to give two or three not very large Spoonfuls of the following Mixture every five Hours, 'till this troubleſome Symptom is in ſome meaſure allay'd, and the Stomach in ſome degree reſtor'd to its natural Tone and Reſt.

℞. *Aq. Cinnamom. hordeat. Menth. ana* ℥iv.
Suc. Limon. recentèr expreſſ. ℥iiſs.
Spt. Lavend. Comp. Matthiol. ʒiiſs.
Salis Abſynth. ʒiſs.

Ol.

Ol. Cinnamom. gt. iv.

L. L. Syd. gt. 50. *f. Miſtura, more prædicto vel ſæpiùs pro re natâ ſumenda.*

ASSES Milk, with the teſtaceous Powders, to correct and abſorb the Acidity of the Humours, induc'd by the Violence of the Diſorder in this Bowel, drank in the Morning as ſoon as awake, will be of no deſpicable Advantage, as well to abate the Hurry, and reduce the Stomach to its native Duty and Office, as to ſubdue the exorbitant Sharpneſs in the Blood and Juices. I have ſometimes obſerv'd, that a warm aromatick Plaiſter apply'd, and every twenty-four Hours repeated, to the Stomach, has contributed to the Relief of theſe racking Pains: The Form as follows; *viz.*

℞. *Theriac. Androm. Emplaſt. de Cymin. a. p. æ.*

Pulv. Cariophill. Aromat. ʒii.

Ol. Nucis Moſchat. gt. xv.

Ol. Cinnamom. gt. iii. *Ol. Ætherial. Terebinth. gt.* xxv.

Gum. Galban. Colat. q. ſ. ad debitam Conſiſtentiam. M. f. Emplaſt. Scutæ Formâ per totam Ventriculi Regionem ſuper alutam applicandum.

THE noxious Principles of this Diſeaſe do ſometimes fix upon the Fibres of the Muſcles of the Breaſt; and the Veſſels of the Lungs are ſometimes, in its laſt Stage, ſtuff'd with grumous Concretions, by which the grand Buſineſs of Reſpiration is much impeded, and, as in a *dry Aſthma*, a difficult and laborious Breathing ſucceeds; and this ſo nearly reſembles ſome Sort of that Diſtemper, that it may not improperly be ranged in that Claſs, and treated in the ſame Method of Cure; *viz.*

℞. *Pulv. Rhei. Elect.* ʒiſſ.
Pulv. è Fol. Sen. Alexand. ʒſ.
Scillæ pp. ʒſ.
Croc. Anglican. ℈ii.
Z. Z. Opt. Contus ʒii.
Coccinil. Salis Tartar. ana ℈ſ. *m. Infunde loco calido per horas* 24; *in Aq. Lact. Alex. Aq. Gentian. Comp.*

ana

ana ℔ß. *f. Colatur. Addeque Decoct. Pectoral. ſubſedendo depurat.* ℥viii. *Syr. è Spin. Cervin.* ℥ii. *m. f. Apozema. Capiat. Cochl.* vi. *bis in Septimanâ horâ Somni, & Dimidiam Quantitatem Mane ſequente ante ſurgendi tempus.*

ON the intermediate Days, four of the following Pills may be taken at nine in the Morning, and four in the Afternoon, drinking after each Doſe a ſmall Glaſs of Sherry, or *Briſtol*-Milk, in a Quart of which two Ounces of *Enula Campana* has been infus'd:

℞. *Lac. Sulp.* ℥ß.
Pulv. Radic. Serpentar. Virg. ℥i.
Myr. Opt. Galban. ana ℈i.
Extract. Croc. Anglican. gr. xxv.
Flor. Benzoin. ℈ß.
Tinctur. Aſſ. Fœtid. gt. x.
Gum. Ammoniac. gr. xiv.
Syr. Capill. Vener. q. ſ. M. f. Maſſa Pilularis, è ſingul. Drachm. f. Pill. nº. viii. *more prædicto ſumendæ.*

IF the Difficulty in Breathing is very great, and the Oppreſſion upon the Lungs very troubleſome, and the Pains in the Breaſt very acute; to prevent any Inflammation upon any of the Parts, it will be neceſſary to open a Vein: And a large Bliſter upon the Back will be of Service to evacuate the impacted Humours from the muſcular Fibres, and diſcharge ſome of the obſtructive Particles from the Blood; and ſo, of Conſequence, the Lungs will perform their aſſign'd Duty with more Eaſe and Freedom.

THE great as well as ſmall Guts are ſometimes violently affected with the vitiated and impure Particles of *rheumatick* Humours, by the Acrimony of which the inner Coats of the Inteſtines are penetrated and corroded, and an immoderate *Diarrhœa* ſucceeds, which ſometimes threatens a Mortification in the Bowels; and when thoſe tender Veſſels are once ſphacelated, the grand Cataſtrophe is near at hand. But to obviate this fatal and impending Blow, when the *Rheumatiſm* is in the Bowels, the following Bolus and Draught will

will be of Service, and may be taken at any time, as Occaſion requires;

℞. *Radic. Jalap. Subtiliſſ. Pulveriz. Rhei Opt. ana gr.* xviii.
Specier. Diambr. S.O. gr. v.
Salis Succin. gr. ii.
Ol. Anniſ. gt. iii.
Syr. è Spin. Cervin. q. ſ. M. f. Bolus.

℞. *Aq. Menth.* ℥iſs.
Cinnamom. fort. Dris. Stephan. ana ℥ſs.
Confect. Fracaſt. ſine Melle ℥ſs.
Ol. Chym. Junip. gt. vi.
L. L. Syd. gt. xv.
Syr. è Roſ. Solutiv. ℥vi. *M. f. hauſtus poſt Bolum præſcriptum ſumendus pro re natâ.*

THIS Bolus and Draught may be repeated every other Day for three times: And the Days it is not taken, the following Electuary may be taken twice a Day, and continu'd for a Month:

℞. *Conſerv.*

℞. *Conſerv. Abſynth. Roman.* ℥iſs.
Sulp. Crud. ſubtiliſſimè pulveriz. ℥ſs.
Croc. Anglican. ſubtiliſſ. pulveriz. ℥iſs.
Radic. Zedoar. ʒii.
Chel. Cancror. pp. ʒſs.
Bol. Armen. ℈ii.
Ol. N. M. gt. vi.
Syr. Violar. q. ſ. M. ſ. Elect.
Horâ nonâ mane horâque quartâ poſt-meridianâ N. Caſtaneæ quantitas ſumenda eſt, ſuperbibendo ℔ſs. *Lactis Aſinini, vel Aquæ Batbon. tepidè.*

IF the Pain in the Bowels is ſo exquiſitely ſevere as to exceed the Bounds of human Patience, and excites a conſtant Diſpoſition to Reach or Vomit, which will prevent the aforeſaid purgative Bolus from doing its Duty, it will not be improper to inject the following Clyſter; *viz.*

℞. *Decoct. Commun. pro Clyſter.* ℔i.
Ol. Lini ℥ſs.
Balſam. Capiv. ʒvi.
Ovi Vitell. q. ſ. Solut.

Syr.

Syr. è. Spin. Cerv. ℥ß.
Ol. Chym. Junip. gt. xx.
Syr. de Mecon. ℥iſß.
L. L. Syd. gt. 50. *M. f. Enema urgente maximè Dolorè injiciend.*

THIS Clyſter, by its evacuating and opiate Quality, may diſcharge not only ſome of the Fæces from the Bowels, but ſome of the noxious Humours which adher'd to their inner Coats, and check the Irritation of the remaining Impurities, 'till by proper Medicines they can be ſollicited downwards, or their Acrimony totally corrected. *Sulphur* is in its native Virtue a moſt excellent Remedy, and admirably adapted not only to purify the Blood, but to invite ſome of the ſuperabundant and peccant Humours through the common Paſſages without exhauſting the Spirits, or putting the Blood into violent outrageous Commotions; a Fate which too often attends the Adminiſtration of ſtrong Cathartick in any Form: But Dr. *Cheyne* has ſo fully deſcribed its Virtues, and encourag'd its Uſe, that there remains nothing more to be ſaid upon that valuable and ſalutiferous Mineral.

WHEN

WHEN a Conſtitution, by the frequent Aſſaults, and repeated Tyranny of a *Rheumatiſm*, or a Complication of other Diſtempers, draws towards its laſt Stage, and the Fund of Nature is viſibly reduc'd, and not able to expel the vitiated Humours upon the Joints, but part or moſt of the offenſive Matter is retain'd in the Habit of the Body, which ſometimes fixes upon the Kidnies, and takes Poſſeſſion of the papillary Glands, and ſo violently affects them, that they can no longer perform their aſſign'd Duty; and hence proceeds ſometimes a partial, and ſometimes a total Suppreſſion of Urine, which often bids Defiance to the united Power of the moſt noted Diureticks. Under theſe deplorable Circumſtances, what offers faireſt for Relief, is the repeated Adminiſtration of emetick and purgative Medicines. Tincture of *Millepedes* and *Cantharides* in the beſt *Holland Geneva*, with the Addition of a few Drops of the *ætherial Spirit* of *Turpentine*, in a Glaſs of generous *Madera* Wine; and a brisk Purge, in the following Form:

℞. *Pill.*

℞. *Pill. Coch. Maj.* ℥ß.
Diagryd. ℥ß.
Salis Tartar. gr. iv.
Calomel. gr. xv.
Ol. Chym. Junip. gt. vii.
Syr. è Spin. Cervin. q. ſ. M. f. Pill. no. x. *Duas capiat. horâ ſomni reliquas mane ſequente ante ſurgendi Tempus.*

A CLYSTER will alſo ſometimes contribute to aſſiſt the urinary Secretions, and afford ſome Reſpite in this dangerous Condition: The following I've us'd with unexpected Succeſs;

℞. *Urinæ Juvenis Sani* ℔i.
Infuſ. Croc. Metall. ℥ii.
Ol Lini Syr. è Spin. Cervin. ana ℥iß.
Terebinth. Venet. Ovi Vitel. Solut. ℥iii.
Ol. Chym. Aniſ. gt. xii. *M. f. Enema Injiciendum pro re natâ.*

A HOT-

A HOT-BATH is likewiſe, in this Caſe, very effectual to ſtir up the drowzy Secretions, as well to open the cutaneous Pores, as to diffuſe an amicable Warmth through the whole Body; by Means of which, the flaccid and languid Fibres may be reſtor'd to their former Tone and Elaſticity. Bleeding ſometimes to ſix or eight Ounces, according to the Strength and Age of the Patient, will wonderfully contribute to the Removal of theſe *Rheumatick* Humours from this dangerous, and, too often, fatal Situation, by opening the Secretions, and by that Means diſcharging a conſiderable Part of the noxious Impurities: But if that can't be effected, there's no farther Occaſion for a Phyſician, or the Adminiſtration of Medicines; for, *Jacta eſt Alea, & Mors eſt in propinquo.*

THE Inhabitants of our Iſland are very frequently, from the conſtant and daily Uſe of high-ſeaſon'd and ſalted Fleſh-meats, troubled with another Sort of a *Rheumatiſm*, which is term'd *Scorbutical:* It is a *chronical Diſtemper* without a Fever, and occaſions ſharp and permanent Pains in the Arms, Legs,

Legs, Thighs, Shoulders, *&c.* and ſometimes in the Joints, *viz.* Wriſts, Elbows, Knees, and Ancles. It produces flatulous Humours; and ſometimes, upon thoſe Parts, it appears with more compact and inſpiſſated White-Swellings, (and this is what is very vulgarly, as well as erroneouſly, term'd the *Joint-Evil*) but without Inflammation, and is purely the Effect of a *Scorbutick Rheumatiſm*, which often exchanges the Scene of its Severity from one Limb to another; whence it is call'd *unfix'd*, or *flying*, and is not much unlike the *Arthritis Scorbutica Vaga*, in the common Symptoms and natural Circumſtances of the Diſtemperature, the Pain excepted.

IN order to correct, ſubdue, and expel the morbifick Impurities from the Blood, reiterated Bleeding, and gentle purgative Medicines, will be of great Service: And, to compleat this Work effectually, a proper and regular Courſe of Alteratives muſt be comply'd with for ſome Time, with the Aſſiſtance of ſuitable and well-adapted Exerciſe, and a long-continu'd Conformity to the Rules of Temperance; *viz.*

Celebretur Venæſectio ad ℥viii. *ſemel in Hebdomade per tres ſeptimanas.*

℞. *Pulp. Caſſ. recentèr Extract.* ʒi.
Fol. Senn. Alexand. à Stipitibus mundat. ʒiſs.
Liquoriz. virid. Ficuum. ana ℥ſs.
Rhei opt. ʒſs.
Sal. Tartar. ℈i. *Semin. Fœnicul. dulc. Dauc. Sylveſt. ana* ℈ii. *M. Coque in Aq. Fontan. q. ſ. f. Colatur.* ℥iiſs. *Addeque Mannæ Calabrin. opt.* ʒvi. *Syr. Roſar. Solutiv.* ℥ſs. *M. f. hauſtus Aperiens Die quoque tertio, Jejuno Stomacho, ſumendus.*

THIS is a moderate purgative Draught, fitted for weak and valetudinary Conſtitutions, to whom it would be a prepoſterous and wicked Practice to adviſe ſtrong Cathartick. But to the Robuſt and Athletick, whoſe Fibres want to be ſtimulated and ſhook with Briſkneſs, I would prefer the following Draught; but it is too ſmart for weakly People.

℞. *Elect.*

℞. *Elect. Caryocoſt.* ℥ſs. *vel* ʒvi. *quoad vires ſolve in* ℥vii. *juſcul. avenac. tenuis horâ ſomni, vel primo mane ſumendus: Repetatur ſemèl in ſeptimanâ ad tres vices, vel ſæpius pro re natâ.*

To youthful Perſons of great native Vigour in their Conſtitutions, I've often order'd an Ounce of the aboveſaid Electuary, diſſolv'd in Gruel, or Black-Cherry-water, and to be repeated twice in ten Days. And the Days in which this, or the preceding Purge is not taken, I preſcribe the following Alterative Electuary, and Decoction, to be taken twice a Day; *viz.*

℞. *Conſerv. Cochl. Hortens Flaved. Aurant. ana* ℥i.
Radic. Serpentar. Virg. Pulv. Ari. Comp. ana ℈iv.
Cinnab. Antimon. ℥ſs.
Milleped. pp. ʒiſs.
Sal. Martis Chel. 69. *pp. ana* ʒi.
Margarit. pp. ℈ii.
Ol. Chym. Junip. gt. viii.

Syr. Croc. Anglican. q. ſ. M. f. Electuar.

Capiat quant. Jugland. horâ nonâ mane, horâque quintâ Poſtmeridianâ ſuperbibendo ʒv. *Decoct. ſequentis.*

℞. *Chamæpit. ſiccat. M.* ii.
Semin. Coriand. Dauc. Sylveſt. ana ʒiſs.
Radic. Pæon. Maris Contuſ. ʒvi.
Flor. Chamæmel. p. iii.
Radic. Bryon. Contuſ. ʒiii.
Sal. Tartar. ʒi. *M. Coque in Aq. Font.* ℔iii. *ad.* ℔ii. *f. Colatur.*
Addeque Spt. Cochl. Hortenſ. Aq. Raphan. Comp. ana ʒii. *M. f. Decoctum more prædicto ſumend.*

If this Decoction is too nauſeous, it may be at Pleaſure edulcorated with Syrup of Marſh-mallows, of the five opening Roots, or refined Sugar. In this *Scorbutical Rheumatiſm*, when the Joints are tumefy'd with puffy, flatulent, or indurated Swellings, repeated mercurial Vomits contribute very much

to

to facilitate the Cure; amongſt the Claſs of mercurial Emeticks, the following has, in my Opinion, the Preference; *viz.*

℞. *Turpeth. Mineral. gr.* v. *vel* vi. *vel* vii.
Flor. Sulph. gr. ii.
Salis Volat. Sal. Armoniac. gr. ii.
Conſerv. Roſar. Rubr. q. ſ. M. f.
Bolus Emeticus horâ ſextâ Veſperi ſumendus per Operationem. Copiosè bibatur Infuſum Abſynth. Vulg. in Aq. Fontan. tepidè, vel Cardui Benedict.

IT requires the utmoſt Caution, both in and after the Operation of the Vomit, to avoid taking Cold. And if it works too roughly, or the Spirits are too much exhauſted, the following Cordial Draught may be adminiſter'd, going to Bed; *viz.*

℞. *Aq. Lact. Alex.* ℥iſs.
Menth. ℥ß.
Dris. Stephan. Cinnamom. fort. ana ℥iii.
L. L. Syd. gt. xv.

Lapid. Contrayerv. ℈i. *Syr. Balſan.* ℥iiſß. *M. f. hauſtus horâ ſomni ſumendus.*

FONTINELS, either by Inciſion, or the Cauſtick, in the Arms, Legs, betwixt the Scapula's, or, if poſſible, nearer the Parts affected, will be of Uſe to diſcharge and evacuate the Impurities from the Blood, and the viſcous Concretions from the Joints. I'm ſenſible that there is a common Objection frequently urg'd againſt the opening of theſe healthful Sluices, *viz.* That they carry off ſome of the good, as well as bad Parts of the Blood; and, in Conſequence, muſt, in one reſpect, be as prejudicial, as, in another, they are ſerviceable. But the Anſwer is obvious, and over-weighs the Objection, even to Demonſtration: For, admitting that the good and bad Parts of the Blood are promiſcuouſly diſcharg'd by theſe Paſſages; yet, by a proper and regular Courſe of Life, and the Aſſiſtance of convenient Medicines, the good or ſalubrious Particles of the Blood will be daily ſupply'd and augmented, and

the

the bad prevented from generating *de novo*. And this may, I hope, in ſome meaſure ſerve to illuſtrate the Advantages, which in this, and many other Caſes, may accrue, from the long-continu'd Uſe of Fontinels in any Part of the Body, according to the Nature and Exigency of the diſtemper'd Fluids.

IF, in the Courſe of theſe, or any other Medicines, the Digeſtion is impair'd, or the Stomach is diſtended, with unuſual Flatus's, Crudities, or troubled with nauſeous or acid Ructus's, I would recommend the Uſe of the following Tincture at Night, going to Bed, or once or twice in the Day-time, the Quantity of two Spoonfuls, to be taken in a Diſh of Tea, or a Glaſs of *Spa*-Water, as Occaſion requires; *viz.*

℞. *Radic. Gentian. tenuitèr Inciſ.* ℥ß.
Radic. Serpentar. Virg. Contuſ. ʒii.
Cort. Exterior. Flavid. Aurant Sevil. tenuitèr inciſ. nº. vi. *Coccinel.* ℈ii.
Radic. Rhei. opt. ʒiß.
Salis Tartar. ʒß. *M. Infunde frigidè per Dies quatuordecim in* ℔i.
Spt. Vini Gallici (*Anglicè*, the beſt

French Brandy) *coletur Tinctura more prædicto ſumenda, vel ſæpius pro re natâ.*

FROM the long Continuance of an acute or chronical *Rheumatiſm*, or any other Diſorder, whoſe original Seat is in the vitiated Texture of the Blood, it ſometimes happens, that the Craſis of the vital Fluid is ſo far perverted or deſtroy'd, and the whole Maſs in ſo weak and impoveriſh'd a State, that the Legs, Thighs, Scrotum, and Belly ſhall be very much tumefy'd, and ſwell'd, eſpecially towards the Evening, or at going to Bed, and the unhappy Sufferer terrifies himſelf, that theſe, and ſome other concomitant, troubleſome Symptoms will ſuffocate the vital Flame, in the fatal Gulph of a confirm'd Dropſy. I will not undertake to prove, that there is no Affinity betwixt theſe Swellings in the Parts above-mention'd, and a true and regular Dropſy; though I can atteſt, from repeated Experience, that the Career of theſe conſequential Symptoms, in the Hands of Judgment, (if in Time requir'd) may be check'd, the Fear of dropſical Humours diſ-

pell'd

pell'd, the Blood, by ſuitable Remedies, invigorated, and the Terms of Life made eaſy for many Years. And to effect this great Revolution in the Fluids and Solids of the decay'd Fabrick, I would propoſe the following Method: But before I deſcend to the medicinal Articles neceſſary to compleat this grand Work, I muſt obſerve, That it muſt be the Hand of Time, (and of no ſhort Time) Patience, and Perſeverance in a temperate and regular Courſe of Life, which can compleat this important Buſineſs, with the confederate Power of proper Medicines; *viz.*

℞. *Pulv. Radic. Ipecacuan* ℈ß.
Vin. Benedict. Oxymell. Scillit. ana ʒß.
Ol. Amygdal. Amar. ʒii.
Aq. Rutæ ʒiß. *M. f. hauſtus Emeticus horâ ſeptimâ Veſperi ſumendus: Urgente ægrotudine bibat Infuſ. Card. Benedict.*

Duabus horis poſt finitam Emetici Operationem, horâ ſomni bibat ʒv. *Vini Montan. generoſ. in Mac. coct. & Sacchar. edulcorat.*

Repetatur hauſtus Emet. ſemèl in ſeptimanâ pro re natâ.

ASSES

ASSES Milk, with the teſtaceous Powders, as ſoon as awake in the Morning, and the laſt Thing going to Bed, will be of Service to enrich the Blood, by correcting its Acrimony, and adding a balſamick Briſkneſs to the languid and ſluggiſh Juices. The following Decoction will very much aſſiſt in promoting an Evacuation of the ſuperabundant ſerous Particles of the Blood by the urinary Paſſages; *viz.*

℞. *Baccar. Junip. Contuſ.* ʒiii.
Radic. Apii Fœnicul. dulc. ana ʒß.
Cardam. Maj. ʒi.
Salis Tartar. ʒii. *M. Coque in* ℔iii.
Vini Canarin. ad ℔ii. *f. Colatur.*
Addeque Oxymell. Scillit. ʒiiß.
Aq. Raphan. Comp. ʒiii.
Syr. Dialth. ʒii. *M. Capiat. Cochl.* iii.
vel iv. *bis vel ter in Die.*

IF, in a Caſe of this Nature, it is adviſable, as ſometimes it is, to keep the Body open, two Drams of the beſt *Rhubarb* may be added to the Ingredients, for the Decoction,

tion, which will efficaciouſly anſwer that Intention. If the Temperament, or Complexion of the Patient, can, without exhauſting the Spirits too much, undergo the Operation of briſk Catharticks at proper Intervals, they will wonderfully conduce to the Diſcharge of Phlegm, and watry Humours, which, under theſe Circumſtances, abound much, as in all other Cachexies, attended with Corpulency, anaſarcous, or œdematous Swellings: And the more frequently theſe active Purges of ſerous and aqueous Humours are repeated, the ſooner the tumefy'd Parts will be reduc'd to their natural State, and the Blood freed from all ſuperfluous Humidity. To obtain which deſirable End, the following purging Pills will very much contribute; *viz.*

℞. *Reſin. Jalap. Scammon. ana gr.* viii.
Calomel. Gutt. Gambæ, ana ℈ß.
Pulv. Rhei. Opt. v.
Tartar. Vitriol. gr. iv.
Ol. Terebinth. Ol. Chym. Junip. ana gt. iii.
Syr. è Spin. Cervin. q. ſ. M. ſ. Pill. nº. vii.

Duas

Duas capiat. nocte horâ ſomni, reliquas mane ſequente ante ſurgendi tempus cum regimine.

IT will be proper to take a Doſe of theſe Pills every third Day; and, to encourage the Operation, drink two or three Pints of ſtrong Veal or Chicken-broth, 'till the Days this Purge is omitted: The preceding Decoction may be taken, as before directed. Riding will much promote the Dilution of the viſcid Juices, and prepare them for a Diſcharge, by the Force of *Cathartick*s. In *Leucophlegmatick* Conſtitutions, *Jalap*, and its Preparations, *Scammony*, *Mercury*, *Gamboge*, and the *Extract* of the *wild Cucumber*. But this laſt is a violent rough Medicine, and requires Judgment in the Adminiſtration; for Want of which, many times, irreparable Breaches have been made in a Conſtitution, which no Art could ever cement. I'm perſuaded, as well from my own Experience, as from the Obſervation of the Antients, (though the modern Syſtem of Philoſophy will not allow it) that we have in the *Materia*

teria Medica, many valuable elective Purges, which, by a particular Power of Attraction, and Dilution, carry off particular Humours, and, conſequently, relieve as well the internal as the external Parts of the human Fabrick, by their Operation. But this Doctrine has been ſo learnedly prov'd by Dr. *Keill*, of *Animal Secretion*, that, for Brevity's ſake, I ſhall refer the Curious to the Book itſelf. Confirm'd Dropſies, are the Effect of Obſtructions as well in the *Viſcera*, as the external vaſcular Tubes, and require briſk Evacuations by *Emeticks* and *Cathartick*s, and corroborating *Diuretick* Medicines, to invigorate the Weakneſs of the Blood, and to encourage a more active and vigorous Circulation; by which the depoſited Humours may be reaſſum'd into the active Particles of the Blood, and be fit to be carry'd off by proper and neceſſary Evacuations.

THE conſtant, and, ſometimes, the immoderate Uſe of what the *French* call *Barley-ſoop*, or Malt-liquors, very ſtrong and ſtale, in our Iſland, is very often the Parent not only of every Sort of the *Rheumatiſm*, but of many other, both acute and chronical Diſtempers;

tempers; as, the *Colick* in the *Stomach*, *Bowels*, violent *Diarrhœa's*, *Pleuriſies*, *Squinancies*, *Apoplexies*, *Epilepſies*, and many other nervous Diſorders. To prevent which dangerous Inconveniencies to thoſe, whoſe Station in Life, or Inclination, leads to the frequent, and, ſometimes, the immoderate drinking of theſe Liquors, I would recommend, after any Debauch, or when the Stomach is over-charg'd with eating late Suppers, (which are very prejudicial) five or ſix Spoonfuls of the following Infuſion, going to Bed; which I can, from repeated Experience, ſay, will be of ſingular Advantage; ſince, I own, I've ſometimes indulg'd the Bon-Companion, and perhaps have, and may ſometimes again, come into the *Dulce eſt deſipere in loco*: Which Infuſion has often prevented the numerous Retinue of Morning Inquietudes, which are too often the Conſequence of Tranſgreſſions of this Kind; *viz.*

℞. *Rhei. Opt. Contuſ.* ʒiii.
Zedoar. ʒi.
Fol. Senn. Alexand. pulveriz. ʒß.
Flor. Chamæmel. p. ii.
Salis Abſinth. ʒi.

Semin.

Semin. Dauc. Sylveſt. p. i.
Coccinil. ℈ß. *M. infunde in Aq. Lact. Alex. Vin. Montan. generoſ. ana* ℥vi. *per horas* 48. *Loco calido. f. Colatur.*

IF the Quantity above-mentioned is not ſufficient to excite a Stool or two in the Morning, two or three Spoonfuls more may be taken, or the Doſe at Night increaſed at Diſcretion; and a Draught or two of ſmall Sack-whey in the Morning, to encourage the Operation. If this Infuſion is not in Readineſs, the following Draught may anſwer, going to Bed; *viz.*

℞. *Tinctur. Rhei. Elect. Tinctur. Hier. Picr. Vin. Alb. Extract. ana* ℥i.
Elix. Salut. ℥ß.
Spt. Lavend. Comp. ʒii.
Syr. è Spin. Cervin. ʒiii. *M. f. hauſtus horâ ſomni ſumend.*

By this Infuſion, or Draught, the Impurities of the Stomach will be diluted, carry'd down the common Paſſages, and ſo prevented from

from being convey'd into the Blood; the Body will be cool'd, the Tone of the Stomach and Guts preſerv'd, and an Appetite and good Digeſtion ſecur'd from the laſt Debauch. The conſtant Drinkers of Malt-Liquors are ſometimes, from an Over-quantity, affected with ſharp *Diarrhœa's*; which ſhould never be attempted to be check'd by aſtringent or opiate Medicines: ſince thoſe Evacuations are generally a *Solution* of ſome Impurities, which, if retain'd, or injudiciouſly ſtop'd, may occaſion Fevers, Inflammations of the Bowels, *&c.* It is the Duty of Phyſick, as well to prevent, as cure Diſeaſes: And I'm convinc'd, that if, upon the firſt Alarm of an incipient Diſorder, proper Advice was requir'd, before the morbifick Principles are too much expanded in the human Fabrick, our Iſland would be more populous, and many Lives protracted to a good old Age, which immaturely pay'd the Debt of Nature in the Dawn of Youth.

THE *Piles* do ſometimes become the Portion of thoſe who are immoderately devoted to the exceſſive Uſe of Malt, or other ſpirituous Liquors; they are not often dangerous, though

though generally troubleſome, and full of Pain: To relieve which, I order'd the following Electuary; *viz.*

℞. *Elect. Lenitiv.* ʒſs.
Æthiop. Mineral. ʒii.
Teſt. Ovor. pp. ʒii.
Syr. Dialth. q. ſ. M. ſ. Elect.

Capiat. quant. N. M. horâ nonâ manè, horâque quartâ poſtmeridianâ, horâque ſomni ſuperbibendo hauſtum Aquæ Fontan. Lacte permiſtæ tepidè.

HEAT *of Urine*, Difficulty and Pain in making it, are Maladies deriv'd from the ſame Source, and may be eas'd by the plentiful drinking of ſmall warm Liquors, ſuch as Green or Lemon-Tea, the Almond-Emulſion, or ſmall hot Punch, with ſix Drops of the Chymical Oil of Juniper in it; or thirty Drops of *Elix. Proprietatis*, and five of *Spt. Nitri. dulc.* in a Glaſs of ſmall *French* White-wine and Water in the Morning, or at any other Time, as Occaſion requires. It will be proper, two or three

Hours after, to drink, at ſeveral times, a Bottle of *Bath*, or a Flask of *Spa*-Water, to promote an Evacuation by Urine, and correct the inordinate Heat of the Blood.

RHEUMATICK or wandering Pains in different Parts of the Body, without a Fever, will ſometimes elude the Power of Cold-bathing, though aſſiſted with the moſt potent Medicines ſuitable to ſuch a Caſe: Though, if the Warm-Bath was firſt us'd, as I've often experienc'd, I'm perſuaded there is no Intention, under theſe Circumſtances, but what the combin'd Force of hot and cold Water, with the Help of a little Phyſick, will effectually anſwer. The Blood, from hot and cold Bathing, is in different Degrees of Velocity; the cutaneous Paſſages are expanded, the perſpirable Evacuations increas'd, and other Secretions encouraged in the Execution of their aſſign'd Duty; by Means of which, the viſcid Particles of the Blood are comminuted, and made fit to be convey'd out of the Body by the excretory Paſſages, according to the Form, Bulk, and Magnitude of each Particle, and the Capacity of each exonerating Veſſel. Warm Bathing does

does manifeſtly open the numerous Orifices of the ſecretory Outlets upon the Skin, and free thoſe Pores from a viſcous Matter, which is apt to lodge in them. When theſe cuticular Sluices are perpetually kept open, the Blood and the other Fluids will have a freer Circulation, and a greater Liberty of diſcharging ſome of the impure Parts; which will be of Service to the *Oeconomy*, to drive out of her Territories. Hence many Kinds of *Rheumatick* Aches, old wandring Pains, and Limbs influenced by Contraction, or Relaxation, with many other accidental Attendants of Lameneſs, may, with a few auxiliary Medicines, be entirely ſubdu'd, and Health and Vigour ſurprizingly ſucceed. *Guidott* has left us many remarkable Inſtances of the wonderful Efficacy of the *Bath*, in many *Rheumatick* Caſes: And, indeed, thoſe ſalubrious Waters deſerve a large Volume, to do them Juſtice. *Oliver* and *Pierce* have, indeed, attempted it; and have, in ſome meaſure, given no bad Account of the Nature, Operations, and Virtues of thoſe reſtorative and healthful Springs.

THE balſamick, ſulphureous, and fine ſaline Particles contained in theſe Fountains, prepared by Nature in the Bowels of the Earth, are very eminently ſerviceable in recovering decay'd and loſt Appetites, when the Fibres of the Stomach are relax'd by a long-continu'd Courſe of Intemperance, Luxury, and Exceſs. Morning Vomitings, which are often the Conſequence of ſuch Irregularities, are frequently reliev'd by the Uſe of theſe Waters, warm from the Fountain-head. The native Heat of theſe Waters corroborates the Fibres of the Stomach, which have been ſcorch'd by the conſtant drinking of hot, burning Liquors, and reduce them to their primitive Tone, by affording a due Tenſity to the laxed Fibres. In Lacerations, or Ulcerations of the Kidnies, or urinary Paſſages, theſe healing Waters, by their diuretick and deterſive Quality, are of ſovereign Advantage; and in many other Caſes (too numerous to mention here) they cannot be ſufficiently eſteem'd, for their unparallel'd Excellencies.

COLD-BATHS were by the Antients held in the higheſt Veneration, and amazing Cures

Cures were daily effected by them; inſomuch that they aſcrib'd the τὸ Θεῖον, or *quid Divinum*, to have a more than common Influence upon their cold Immerſions; but they were neglected for many Years, 'till, from *geometrical* and *mechanical* Reaſons, their Nature, Properties, and *Modus operandi in corpora humana*, were fully illuſtrated and explain'd; and then they were receiv'd, and for ſome Years have been in good Repute. The Effects of the Cold-Bath is now as demonſtrable, and as readily accounted for, as any Thing in the whole Circle of Phyſical Practice; and there are ſcarce any chronick Diſtempers, in which the Cold-Bath may not be us'd with Safety and Succeſs; unleſs ſomething in a Conſtitution contra-indicates, *viz.* Corpulency, and unſound Viſcera; and under ſuch Circumſtances they are to be avoided. Whatever is propos'd from bracing up the Solids, and invigorating their Vibrations, and quickening the Motion of the Blood, may confidently be expected from cold Immerſion, where nothing prohibits the Uſe and Continuance of it. Hence Diſeaſes from a fizy Blood, and a preternatural Lentor in the animal Juices, if the *Elaſticity* of the Veſſels is not

impair'd or weaken'd by the Weight of Years or Debauches, will be overcome by the Cold-Bath. Thus many Kind of *Rheumatiſms* may be reliev'd, and many nervous Diſorders vanquiſh'd, which proceed either from immoderate Drinking, an inactive, ſedentary Courſe of Life, or an obſtructed Tranſpiration. For, upon inſtantaneous plunging into cold Water, the whole nervous Syſtem is ſo ſhook, that the obſtructed Capillaries perceive the Influence, and the moſt minute Paſſages are forc'd open by an augmented Velocity of the circulating Fluids; and the imperceptible Matter of Tranſpiration will be conſtantly and regularly diſcharg'd, after cold Immerſion.

WHEN the Blood and Juices are vitiated, and perverted from their natural Purity, and are loaded with viſcous Particles, from Non-obſervance and Irregularities in the *Non-naturals*, *Scarborough* Waters, when a Vomit or two has evacuated the Impurities from the Stomach, drank from the Fountain-head, and bathing in the Sea, will in a little Time bring about a manifeſt Alteration in the deprav'd Fluids, wonderfully corroborate the Solids, and diffuſe new Life and Vigour through

through the whole Conſtitution. A Courſe of theſe Waters for about ſix Weeks, beginning in *May*, if the Weather is tolerably warm, will very agreeably carry off the unavoidable Dregs of much and immoderate Eating and Drinking, refine and dilute the Blood, as effectually as the ſtricteſt Courſe of Medicines from the Shop. Theſe Waters not only evacuate Impurities, but at the ſame time ſtrengthen the Craſis of the vital Fluid, and reduce all the Juices to a proper, natural, and healthful Conſiſtence. A Conſtitution which is almoſt choak'd with Obſtructions of different Kinds, after three or four Weeks Uſe of theſe Waters, with the Aſſiſtance of an Emetick once or twice, finds great Relief, from the Diſcharge both by Stool and Urine, which theſe Waters occaſion and excite: And therefore, in ſome Sorts of the *Rheumatiſm*, theſe Waters, with the Help of bathing in the Sea, will be of great Benefit and Advantage. The Virtues of theſe Springs have been excellently deſcrib'd by Dr. *Wittie*, which the Curious may at Leiſure conſult. The *Sciatick* Pain, which ſometimes affects one, and ſometimes both Hips, is wonderfully reliev'd by theſe Wa-

ters, and bathing in the Sea. But there ar different Methods of treating this cruciating Diſtemper, and alleviating the violent Agonies which it produces; *viz.*

℞. *Pulv. Radic. Ipecacuan.* ℈i.
Tartar. Emet. gr. iv.
Salis Vitriol. gr. ix. *M. f. Pulvis Emeticus horâ ſextâ Veſperi ſumendus per Operationem bibat copiosè Theam viridem.*

Repetatur Pulvis Emet. Die quâque 4tâ ad tres vices.

The Day after the Vomit, the following Pill ſhould be taken as ſoon as awake in the Morning, and be repeated once a Week, as Occaſion requires; *viz.*

℞. *Pill. ex Duob.* ℈i. *gr.* vi.
Merc. Dulc. gr. vii.
Croc. Anglican. Pulver. gr. v.
Sal. Volat. Succin. gr. ii.
Ol. Chym. Junip. gr. iii.
Balſam. è Mechâ q. ſ. M. f. Pill. nº. v. *primo Mane cum Regimine ſumendæ. Deaurentur.*

THE

THE Nature and Properties of the ſubſequent Mixture is admirably well adapted to expel this irkſome and tormenting Enemy from its Situation: It is, I own, a nauſeous Medicine, and, by ſome People, taken with great Difficulty; but, if it is regularly continued, it will effectually remove this Complaint. It muſt be taken three ſucceſſive Mornings, and the fourth the Pills muſt be repeated, and ſo the Mixture continu'd 'till the Pain is entirely vanquiſhed; not omitting the Vomit and Cathartick, as before directed; *viz.*

℞. *Ol. Ætherial. Terebinth.* ℥ii.
Aq. Raphan. Comp. Aq. Petroſel. ana ℥ß. *Vitel. Unius Ovi.*
Spt. Nitri Dulc. gt. viii.
Ol. Nuc. Moſcat. gt. iii. *f. Miſtura more prædicto jejuno Stomacho in hauſtu Seri Lactis Canarin. tepidè ſumenda.*

BUT if the Violence of the Sciatick Pain rages intolerably, ſo that the unhappy Patient has little or no Freedom from its Tyranny, either

either by Day or Night, keeping conſtantly fix'd to that Part; it may not be unadviſable to apply the Cupping-glaſſes to or as near the Part as poſſible, with Scarification: And take the following *Emetick Bolus*; viz.

℞. *Turbith. Mineral. gr.* vii.
Camphor. gr. iii.
Sal Volat. Succin. gr. ii.
Conſerv. Lujul. q. ſ. M. f. Bolus Emetic. horâ ſextâ Veſperi ſumendus.

Inter operandum bibat copioſè Juſcul. Avenac. Duabus vel tribus horis elapſis capiat horâ ſomni hauſtum ſequentem.

℞. *Aq. Fœnicul. Dulc.* ℥iiſs.
Confect. Tracaſtor. ſine Melle ℈i.
Lapid. Contrayerv. gr. xiii.
Confect. Alkerm. ℥ſs.
Aq. Epidem. ℥iiſs.
Syr. Sambucin. ℥ii.
Spt. C. C. gt. xvii.
Laud. Londinenſ. gr. iſs. *M. exquiſitè, ſ. a. f. Hauſtus hora ſomni ſumendus ſuperbibendo* ℥vi. *Seri Vin. Montan. alterati ſubcalidè.*

IF, after this, the Severity of the *Sciatica* is not mitigated, I would recommend a regular Courſe of *Bath*-Waters at the Fountain-head, with moderate Bathing, with ſome little medicinal Aſſiſtance; and afterwards the continu'd Uſe of Cold-bathing for fourteen Days, betwixt Breakfaſt and Dinner-time, or an Hour before Dinner; which, in all Probability, will compleatly effect a Cure. Perſons, who have Recourſe to the *Bath*, under the Circumſtances which I have deſcrib'd, or on any other Occaſion for the Recovery of Health, ſhould not indiſcriminately either bathe in, or drink thoſe ſalubrious Waters; preparative, as well as aſſiſtant Medicines, ſhould be us'd upon the Spot; for which Purpoſe, ready and eaſy Application may be had to any of the prudent and ſagacious Phyſicians in that City: For want of which, many, and ſometimes inſuperable Inconveniencies, have attended thoſe, who have injudiciouſly purſu'd (from a Spirit of Covetouſneſs) the indigeſted Dictates of their own Reaſon; concerning which, they are at a greater Uncertainty, than any Man of Prudence is willing to be at in his ordinary Affairs:

fairs: And, doubtleſs, the Care of Life, ought to exceed that for our Eſtates; of all Poſſeſſions, Life being the moſt valuable.

WRETCHED and forlorn is Life, under the daily Scourges of a *chronical Rheumatiſm*, attended with different Kinds of Eruptions in many, or, perhaps, all the Parts of the human Fabrick; and ſometimes to ſo violent a Degree, as not to be much inferior to the *Leproſy* itſelf, with perpetual Diſtillations of a ſerous, ſaline, limpid Humour conſtantly ouzing out from the excoriated Parts, with ſuch immoderate Itching, that the very Means to allay that, in the common Method, ſerves only to extend the Dominion of a moſt implacable Enemy, and proclaim its Tyranny for future Conqueſts upon the whole Surface of the Body: To mitigate which, Defenſatives of various Kinds, are us'd, to render the wearing of common Apparel, in any reſpect, tolerable, in the decent Appearance of Cuſtom or Vogue. Circumſtances theſe, of a malignant Nature, which proceed partly from a Laxation of the *Solids*, and partly from an entire Vitiation of the Fluids; and conſequently, require a very great Sagacity of Penetra-

Penetration and Judgment, to correct the Laxity of the former, and reſtore the Texture of the latter depraved Maſs. —— Complicated Caſes demand a peculiar Treatment, according to their own eſſential Property and Nature; leſt whilſt we are endeavouring to impede or check the Career of one, we ſhould adminiſter new Force and Vigour to the other; and by endeavouring to avoid *Scylla*, ſhould fall into *Charybdis*; a Fate, whereever it happens, equally dangerous to the Patient, as deſtructive of the Character and Reputation of the Phyſician. Under the deplorable Circumſtances of the laſt-mention'd Caſe, I apprehend it not unadviſable to treat it as follows; *viz.* admitting that the Conſtitution will juſtify ſuch an Evacuation, I would recommend Phlebotomy *ad* ℥x, *vel* ℥xii.; the Day following, I apprehend the following Pills to be no deſpicable Attempt for the Removal of this cruciating Malady; *viz.*

℞. *Pill. Coch. Maj. Extract. Rudi. ana gr.* viii. *Ex Duob. gr.* vi.
Calomel. Turbith. Mineral. ana gr. iv.
Sal. Volat. Succin. gr. ii.

Ol.

Ol. Chym. Saſſafr. gt. ii.
Elix. Prop. q. ſ. M. f. Pill. nº. vii.

Duas capiat. horâ ſomni, reliquas primo mane ſequente, inter operandam bibat Theam Foliis Ebul. & Chamapyt. pp. ana p. æ.

℞. *Cinnab. Antimon. opt. levigat.* ʒiii.
Gum. Guiacum. Ovi. Vitell. q. ſ. Solut. ʒiß.
Conſerv. Cochl. Horteus ʒvi.
Lac. Sulph. ʒiiß.
Milleped. pp. ʒß.
Sal. Geniſt. ℈i.
Syr. Martiſ. ℥S. *M. f. Elect. Doſiſ.* ℥ N. M.

Horâ nonâ mane, horâque quarta poſtmeridiem ſuperbibendo ʒv. *vel* ʒvi. *Aq. Holtinienſis (in Comitatu Wilton.) Diebus è Catharſi liberis.*

Repetantur Pillulæ ſemèl in ſeptimanâ ad tres vel quatuor vices, & veneſectio pro re natâ; fiat. Aq. Pyrmont. pro potu ordinario Vin. Alb. commiſt.

IF, upon the Uſe of theſe Medicines, the Severity of the Diſorder is not in ſome meaſure mitigated, the *Turbith Vomit*, preſcrib'd in the Treatment of the *Sciatica*, may be advantageouſly adminiſter'd once, and the *Electuary* continu'd; if the Itching upon the Surface is ſo immoderate as to require a *Topical* Application; *Aq. Calciſ.* ℔i. *Ol. Tartar. per Deliq.* ℥iſs. apply'd warm with Stupes, twice or oftener in a Day, will anſwer that Intention. —— But if, upon Perſeverance in this Method, the wiſh'd-for Effect is not obtain'd, I would order a Courſe of *Scarborough*-Waters at the Fountain-head, a Vomit, *viz.* of *Turbith*, or the laſt-preſcribed Pills, being premis'd with conſtant bathing in the Sea, as the Neceſſity of Circumſtances ſhall require. In the County of *Lincoln*, at *Stenfield*, aliàs *Stainflet*, there is a purgative Mineral Water well adapted for the Relief of the laſt-mention'd Caſe, on the Eſtate of Sir *John Heathcote*, Bart. whoſe Properties and Virtues juſtly lay claim to a Merit little inferior (if any) to thoſe at *Scarborough*. The ſalubrious Peculiarities of this *Lincolnſhire Spa*-Water, I've repeatedly experi-

experienc'd in the laſt, as well as many more Inſtances of *cachectical* Habits, with almoſt unexpected Succeſs, when the whole Artillery of Shop-Medicines have frequently, in vain, been diſplay'd. Thus indulgent are the Diſpenſations of Providence, in the beneficent Productions of *Mineral Waters* of various Kinds, to alleviate the Infirmities to which human Nature is perpetually expos'd; and without which, more permanent, and perhaps invincible, and conſequently fatal, would many *chronical Diſorders* prove.

WHEN the Severity of this laſt Species of a complicated *Rheumatiſm*, is, in ſome meaſure, by any of theſe Methods ſubjugated, it will not be improper to continue the Regimen for three or four Weeks, effectually to invigorate the Maſs of Blood, and prevent the fatal Inconveniencies of a dangerous Relapſe, by reducing the *Solids* to a proper State of *Denſity*, and enabling them regularly to perform their aſſign'd and peculiar Functions. To effect this, *Steel*, as well in mineral Waters from the Bowels of our common Parent, *Propriâ Subſtantiâ*, by Nature prepar'd, as from the honeſt Labour of the

the experienc'd Chymiſt, will moſt undoubtedly contribute, in Conjunction with the ſubſequent warm *Alterative Electuary*; *viz.*

℞. *Conſerv. Anthoſ. flaved. Aurant.* ana ℥ß. *Z. Z. in Indiâ. Condit. Nuciſ. Moſchat. Condit.* ana ʒii.
Pulv. Ari. Comp. Recentèr. pp. Specier. Diambr. S. O. ana ʒß.
Margarit. pp. ʒß.
Sal. Jovis. ℈ii.
Syr. è Cort. Citri. Croc. Anglican. Vin. Canarin. pp. ana *P. æ. Q. S. M. f. Elect.*
Cap. Q. N. M. horâ nonâ mane, horâque quartâ, vel quintâ veſperi ſuperbibendo hauſtum alicujus. Aq. Chalybeat.

If Chalybeate Waters can't be obtain'd, which ſometimes happens, I would, to the *Electuary*, add ʒiß. *Martis Tartar. pp.* drinking after each Doſe three Spoonfuls of Dr. *Lower*'s Tincture, before deſcrib'd, or a Draught of *Bath*-Water; one Article of

which Compoſition proceeds from a ſubterraneous Bed of *Iron*; the other, from a Neſt of *Sulphur*. But if that grand Reſtorative of *chronick Infirmities* is not to be procur'd, *Bath*-Water, or the Chalybeate Tincture of Dr. *Lower*, I uſually ſubſtitute *Decoct. Amar. Simp.* ℔i. with the Addition of *Tinct. Martis Mynſchit.* to be taken in the ſame Manner; and ſometimes 50 or 60 Drops of *Elix. Propr. dulc.* with the aforeſaid Quantity of the *Decoction* and *Tincture*; eſpecially if, under this Regimen, (as it ſometimes happens, the Body is not ſoluble.

IN the deplorable Circumſtances of a *chronical Rheumatiſm*, with immoderate Itching, and large Excoriations in different Parts of the Body, which obſtinately reſiſts and eludes the Force of the moſt penetrating Medicines judiciouſly adminiſter'd; the munificent Author of our Being, has, in Compaſſion to ſuch unhappy Wretches, afforded a ſovereign Remedy in the Park of Sir *Nathaniel Curzon*, (a worthy Repreſentative in Parliament, for the County of *Derby*) at *Redleſtone*, viz. a *Mineral Water*, which, by drinking and bathing in, a *Mercurial* Purge being premiſed;

miſed; or, if Neceſſity requires, two; or, perhaps, an Emetick from ſome chymical Preparation, from the greateſt Bleſſing, *Opium* excepted, with which the *Materia Medica* is, by the Indulgence of Heaven, enrich'd, I mean, *Mercury*; without the unerring Aſſiſtance of which Medicine, in many chronick Caſes, vain, fruitleſs, and abortive would be the Phyſician's Care; and the Life of the Patient, through a black and diſmal Train of unavoidable Miſeries, brought to its laſt, though not long Period. I wiſh I could have had a convenient Opportunity of amply enquiring into the Nature, Property, and Texture of the *Redleſtone*-Waters, by proper Experiments; from whence I ſhould have been enabled, from the Peculiarity of their component Particles, to have exhibited ſome ſatisfactory *Rationale* of the *Modus Operandi* of theſe ſalubrious, reſtorative Waters, as well upon the Solids as Fluids of a *Rheumatick Fabrick*, much emaciated and decrepid by a long Series of Aches and Pains, and almoſt laid Waſte in its primitive Duſt. However unacquainted I am with the conſtituent Particles of this Mineral Water, *Primis Principiis*, I've frequently adviſ'd,

as well in the laſt-cited *Rheumatick* Caſe, as others of a different Nature, the Uſe of thoſe Waters, internally and externally, at the Fountain-head, as alſo at a conſiderable Diſtance from the Spring, with no ſmall Reputation to the Waters, no little Advantage to my Patients, and a Satisfaction not inferior to my ſelf. The Worth and Excellency of theſe Waters came recommended to my Obſervation from Perſons of undoubted Integrity, who were formerly under the Care of that *Oracle* of *Phyſick* in *Derbyſhire*, and its contiguous Counties, Dr. *Coke*; who, ſince his Death, have condeſcended to do me the Honour to be under my Directions: From whence, by a Parity of Reaſon, and a Similitude of Caſes, I gave theſe Waters repeated Opportunities of exerting and diſplaying their Virtues in many Inſtances, which have effectually anſwer'd my Expectation, by greatly facilitating the Removal or total Extirpation of many inveterate and obſtinate Cachexies. Give me Leave, as I've mention'd the *Redleſtone*-Waters, to relate an eminent Inſtance of their Excellencies, which happen'd ſome Years ſince, under the Inſpection, and by the Advice of Doctor *Coke*, to a Gentlewoman

woman, who had been long under the Care of the *Æſculapius* of the Age, Doctor *Radcliffe*, in *London*, for which Purpoſe ſhe went above eighty Miles: He ſent her, after four Months Attendance, to *Bath*. The Phyſicians of that Place found that the Waters could do very little towards her Recovery; and ſhe was ſent to *Briſtol*, to make Trial of the hot Waters near that City, where ſhe continu'd an adviſ'd Time, under a proper Regimen, from the Hands of the beſt Judgment, without any, or very little Relief; at length returned Home, not much improv'd in Health, from the long Fatigue, and Expence, which ſhe had been at in Purſuit of the greateſt Jewel on this ſide Heaven; deſpairing almoſt of any Aſſiſtance under her wretched Circumſtances, ſhe was prevail'd upon a ſecond time to have Recourſe to Dr. *Coke* for his farther Advice; who immediately, without the leaſt Heſitation, order'd her to the Neighbourhood of *Redleſtone*, and put her under a Courſe of thoſe Waters for five or ſix Weeks; which effectually reſtor'd her to her priſtine Vigour, even from the Jaws of Death, and the Brinks of the Grave. Her Caſe was a general Laxa-

tion of the Fibres of the Stomach, which occaſion'd a vomiting about an Hour after ſhe had eat any thing; and immediately, when the Vomiting ceas'd, a *Diarrhœa* enſu'd, even to the Bloody-flux; and in the intermediate Time ſhe labour'd under an inexpreſſible Deficiency of Spirits, which, in her own Opinion, inſtantly threaten'd her Diſſolution; which frequently made her deſirous to expire, rather than protract a Life wretched under the unconceivable Weight of ſo great and ineffable Miſeries: but Heaven was propitiouſly pleas'd to decree, that theſe Waters ſhould be the chief, if not ſole Inſtrument of her Recovery; and ſhe now enjoys, and for many Years has, a perfect State of Health; except that, about five Years ago, ſhe had a Fever, which, at that time, was *epidemical*; but before that time, as well as ſince, has been entirely free from every Symptom, which attended her in that great and dangerous Indiſpoſition, which *Redleſtone*-Waters entirely did eradicate. A Caſe, this, not of a very common Nature, compounded of vitiated *Fluids*, and lax'd *Solids*, and, conſequently, not readily remov'd, as it had baffled the Endeavours of many,

many, who were in the cardinal Claſs of Practice, and had bid Defiance to the united Power of *Bath* and *Briſtol* Waters, aſſiſted by the intermediate Uſe of *Pyrmont*, *Spa*, &c. The uncommon Quantity of *ſulphureous Particles* invelop'd in the *Redleſtone*-Waters, did gradually invigorate the diſpirited *Craſis* of the Blood, reſtore it to its balſamick Texture, and therefore muſt fortify the depreſs'd *Solids*, and reduce them to their native and priſtine Elaſticity. I conceive that theſe Waters abound with a great deal of *Sulphur*; which *Sulphur* conſiſts of an *acid*, a *ſmall Quantity* of *Fat*, and *Earth*; and it apparently is a *Compoſition*, which is not capable of being entirely diſſolv'd in Water, without the Interpoſition of a *ſharp*, *alcaline Salt*. When this is done in the Bowels of the Earth, by Nature, or by Art, in Wells and Baths, the Waters have a ſtrong, rotten Taſte, and may be very well compar'd to that of rotten Eggs, (as are thoſe of *Redleſtone*) ſuch Waters make Silver firſt of a yellowiſh Colour, and at length entirely black; as the common Experiment of a *Solution* of *Sulphur per Alcali* does undeniably demonſtrate.

IN chronical *Rheumatiſms*, either with or without a *ſcorbutick* Habit, after proper Evacuations by Bleeding, Vomiting, and Purging, the *Mercurius Alkalizatus* is a ſovereign Medicine, if regularly taken twice a Day, and long enough purſu'd; and, with the Aſſiſtance of a Milk-Diet, will effect a Revolution in vitiated Juices in the Maſs of Blood, in a very ſurprizing and very extraordinary Manner: And if Aſſes Milk will agree, I wou'd recommend half one Pound, early every Morning from the Creature, to accelerate the intended Relief. But if the *Mercur. Alkalizat.* ſhould, from an over-Doſe, tend to excite an uncommon Senſe of Pain in the ſalival Glands, Gums, *&c.* every fourth or fifth Day it may be adviſable to take a gentle Aperient Draught of *Senna, Manna, Rhubarb*, with a *Cathartick Syrup*, in order to check the Career of its Activity, and bridle the Fury of its active and ſubtile Particles. There are different Ways of preparing the *Mercur. Alkalizat.* (for it is no *Diſpenſatory* Medicine); ſome order it in equal Quantities, others a double Quantity of Crabs-eyes to that of Quick-ſilver; by the latter of which

which Forms, it is not ſo expeditious in its Operation and Effect, as when it is compounded of equal Quantities of the two noble Articles which conſtitute this powerful Medicine. To obviate the aforeſaid Inconveniencies, which frequently attend a Courſe of this Medicine, a little *Rhubarb*, or ſome of the officinal purging Pills may be mix'd with it, as it is to be taken twice every Day; which may excite a Motion extraordinary, and, by carrying ſome part of the Mercury through the common Paſſages, will ſecure the Parts; which, from the unavoidable Properties of Mercury, and its Preparations, are uſually affected. I could produce many Inſtances of where the *Æthiops Mineralis*, in ſcorbutick Habits, has rais'd a Salivation, contrary to the Intention of the Preſcriber, and the Expectation of the Patient; and ſometimes to ſo great an Height, that it has been judg'd adviſable to encourage and promote it, either by internal Medicines, or Unction, rather than to attempt to curb the unexpected Sallies of the *mercurial Particles*; but the ſalivating Effects of this Medicine may be prevented by the ſame Steps as directed in the *Mercurius Alcalizatus*. I've known the Decoct.

Specific.

Specific. (though I've as good an Opinion of it as my Friend Dr. *Burton*, having repeatedly, in many Inſtances, experienc'd its Virtues) two Pounds being drank in a Day, for twelve or fourteen Days ſucceſſively, to raiſe a Salivation; which I retarded from getting a farther Aſcendant, by Lenitive Electuary and Flower of Brimſtone twice a Day, drinking after each Doſe a Draught of *Bath*-Water warm'd. This Decoct. Specific. is of a very penetrating and alterative Nature, and may be ſo conducted, as to be of very extenſive Service in many *chronick*, as well as *venereal Caſes*. I've by me now Inſtances without Number of its Succeſs and Efficacy; ſuch as, if univerſally known, would proclaim its Merit to the utmoſt Extent both of the torrid and frigid Zone, and tranſmit an indelible Luſtre upon his Character, who firſt diſcover'd ſo beneficial a Preparation, without the leaſt ſenſible Alteration of the pure Element, either in Taſte, Smell, or Colour. My much-eſteemed Friend, Dr. *Burton*, does, I know, order an Article to ſweeten it, which makes it unfit either for long Carriage, or Keeping; whereas mine has and will keep for Years in its firſt Purity

and

and Virtue; and this I told Mr. *Clutton*, a judicious Apothecary and Chymiſt in *High-Holbourn*, who is, by Dr. *Burton*, order'd to prepare the Decoct. Specific. purely for the Doctor's own Patients, where it may be obtain'd in the higheſt Perfection, and, conſequently, may be rely'd upon in all Circumſtances, to which it is adapted, with the greateſt Probability of Succeſs. In the Circle of my Practice, when the Decoct. Specific. is by me apprehended to be neceſſary, I've Confidence in a Friend, who prepares it with the ſtricteſt Juſtice and Elegancy, who is, during the Compoſition, ſubject to my Inſpection; from whence I can rely upon the Goodneſs of the Preparation, and, in Conjunction with ſome farther Aſſiſtance, can, in Rheumatick, of the chronick Kind, Scorbutick, &c. Caſes, with Alterations adequate to the Symptoms under peculiar Circumſtances, ſurprizingly meliorate a depraved Maſs of Blood, and vitiated Juices, without a nauſeous Load of Medicines, (which ſometimes is apt to impair the Appetite) and without Confinement under the common Rules of Temperance and Moderation.

PRU-

PRUDENCE will, as well in a Valetudinary State, as in the Meridian of Health, induce Mankind to abſtain from all coarſe and groſs Foods, which being of too compact a Texture, muſt be with great Difficulty converted to proper Nutriment; and therefore muſt charge the Stomach with offenſive and indigeſted Juices, and ſupply the vital Fluid with unfit Aliment, and a pernicious Store of Crudities, which will obſtruct and retard its Motion, and gradually excite ſome Kind of *Rheumatiſm*, or ſome other racking and corroding Diſtemperature.

THE exceeding Weight of Shamble-Meats, which is daily conſum'd in our Iſland, greatly ſuperior to our neighbouring Countries, is not, perhaps, without juſt Reaſon, eſteem'd one of the Cauſes, which ſubjects the Natives of *England* more to *Rheumatick* and *Scorbutick* Complaints, than the Inhabitants of other Nations: And, doubtleſs, they are more particularly expos'd to this Malady, who ſtudy to improve their Meats of different Kinds, by extravagant high, ſpicy Seaſonings, and luxurious Sauces; which

which ſerve only to excite and agitate depraved Juices, renders the Blood too inflammable, impair the digeſtive Faculty of the Stomach, and induces too great a Rarefaction or Expanſion of the Spirits. Hence it is obvious, that all high, or (as the Mode is) elegant Meats, are a kind of a ſolid Dram, which, if frequently indulg'd in, will make the Fibres of the Stomach too lax, and deſtroy our natural Appetites after innocent, ſimple, and ſalubrious Nutriment, ſcorch and replete the Liver with Tumours and Schirroſities of various Kinds; to which *icterick*, *hydropick*, and *conſumptive* Habits frequently owe their Extraction; and many more Diſorders, which, from the ſame noxious Source, derive their Exiſtence, above the Power of Art or Medicine to vanquiſh. Foods therefore of a ſoft, tender Nature and Conſiſtence, ſhould be made Choice of, as they occaſion the leaſt Expence to Nature in the Digeſtion, and are ſoon converted to good Chyle: Of this Claſs are, Veal, Lamb, Mutton, Tripes, Cow-heels, Calves-feet, Sweet-breads, Chickens, Pullets, Rabbits, Pheaſants, Partridge, and Quails: Freſh-water Fiſh, dreſs'd as ſoon as poſſible after they are taken, of different Kinds,

Kinds, afford an expeditious Nutriment; *viz.* Pike, Pearch, Flounder, Trout, Grailing, Carp, and Tench, with many others of the Finny Tribe. But then the Sauce to both the Fleſh and Fiſh ſhould be nothing but pure, ſimple melted Butter, with the Addition of a little Juice of Lemon, if it will agree with the Stomach, without exciting griping or colical Pains.

As to the common Kind of Liquors in our Iſland, us'd to promote Digeſtion, or allay Thirſt, there is great Variety, that, in their own Nature, are ſalubrious enough, if taken within the Rules of Moderation: And why Malt-Liquors ſhould be ſo univerſally decry'd, as, by ſome, I know, they are, I can't conceive; except they are ſtale, ſour, or too ſtrong, and then they are, doubtleſs, inimical to Health; but ſmall, mild (not too much ſaturated with Hops) Drink, about three or four Months old, may be drank without any pernicious Conſequences; unleſs a frequent Diſpoſition to Vomit, or a daily Tendency to too great a Laxity in the Bowels, forbid its conſtant Uſe. Wine, indeed, that is moſt eligible to the Stomach, diluted with

with two-thirds of ſoft Spring-water which has been once boil'd, and cold again, is an excellent Aſſiſtant to Digeſtion, where Circumſtances interdict the Uſe of Malt-Liquors, and the Delicacy of a Conſtitution cannot diſpenſe with the ſlight Inconveniencies which thoſe Kind of Drinks are ſometimes apt to excite. It was an Obſervation of *M. Cypriani*, the great *Lithotomiſt* of his Age, That few, very few, were afflicted with the Stone, to a troubleſome or dangerous Degree, who were conſtant Drinkers of ſoft, mild Malt-Liquors. And, certainly, his Remarks muſt be very juſt, as they were deduc'd from a long Series of Practice, and impartial Obſervation, and he allow'd, in the general Opinion of the World, to be a Man of great Integrity, and indiſputable Veracity. And why Malt-Liquors, under the Circumſtances above-mention'd, ſhould be ſo productive of Gout, Stone, and *Rheumatiſm*, I can't conceive, notwithſtanding they are frequently charg'd with this pernicious Property. I apprehend the Inſinuations are unjuſt, and the Invectives groundleſs; and that the genuine Liquor of our Country is more ſalubrious, than the immoderate Weight of groſs Foods, which

which is too apparently conſum'd amongſt us. Not that I would recommend the leaſt Uſe of it to the Valetudinary and Infirm; I mean, ſuch as are naturally of weak and tender Conſtitutions, that have been adventitiouſly impair'd by Accidents and Exceſſes, or labour under the atrocious Tyranny of weak Nerves.

CHRONICAL Diſtempers of all Kinds claim their Extraction from groſs and viſcid Fluids, either hereditary, or by Mal-Regimen, acquir'd; and demand no ſmall Length of Time, and no inconſiderate Degree of Patience, to compleat a Conqueſt, by extirpating their *firſt Principles* by an entire Depuration of the *Fluids*, and a Reduction of the *Solids* to a proper Degree of Tenſity. And as Revolutions in States or Kingdoms are not immediately brought about, or effected; ſo a total Change in a *cachectical* Conſtitution muſt be a Work of Time to compleat, under the Direction of proper medicinal Aſſiſtance, and ſuch Variations as a well-grounded Judgment can poſſibly ſuggeſt. *Acute Diſeaſes* proceed from too great an Expanſion or Rarefaction of the *ſulphu-*

reous

reous Parts of the Blood; and are, like *chronical Diſtempers*, as I've before intimated, to be treated with the utmoſt Circumſpection and Caution, either to ſpur them up, or refrain their impetuous Career, in order to bring them to a *proper Criſis*, whether attended with, or free from, nervous Symptoms.

THE chief and grand Preſervatives againſt all Diſtempers, to which, from the Laws of Mortality, we are ſubject, are Temperance, Abſtinence, Air, Diet, and well-choſen and adapted Exerciſe; with ſuitable Evacuations, ſometimes by Purges, ſometimes by Vomit, ſometimes by Bleeding, *&c.* And as theſe Things will continue the Balance of Health in an *Æquilibrium*, the contrary muſt undoubtedly impair and deſtroy it. By theſe Rules, ſtrictly obſerv'd, the firſt Fathers of Phyſick, both of *Greece* and *Rome*, effectually vanquiſh'd Diſtempers in every Shape, ignorant as they were of the *Animal Oeconomy*, *Mathematicks*, *Chymiſtry*, and *Natural Philoſophy*. They who indulge in Free-living,

ſhould, once in twelve or fourteen Days, take a Medicine to carry off the Load, which the Exceſs has induc'd, by clearing the firſt Paſſages of the Impurities contracted in them, and cutting off the Communication betwixt them, and the Blood and Juices, ſecreted from it: Of this Property and Efficacy are the Pills preſcribed at *pag.* 141, 142. to be taken as there directed, and repeated as above-mention'd; which, I'm confident, (from Experience I ſpeak it) will ſucceſſfully anſwer the Intention, and prevent the Generation of ſuch morbifick Principles, as would become the Foundation of a future Malady. To thoſe who prefer *Emeticks* to *Catharticks*, in order to ſecure the Blood, *&c.* from the Conſequences, to which immoderate Eating and Drinking does unavoidably lead; I would recommend the following Vomiting Draught, to be taken every twelve or fourteen Days, or oftener, or at great Diſtances, as the Neceſſity of Circumſtances, and Prudence, ſhall require; *viz.*

℞. *Raſur. Raphan. Ruſtican.* ℥v.
Pulv. Semin. Sinap. ℥vi.

Sal.

Sal. Tartar. ℥ß.
Coque in Aq. Fontan. ℥viii *ad* ℥iv.
Colaturæ addas Syr. Dialth. ℥ß.
M.

F. Hauſtus Emeticus horâ idoneâ ſumendus, inter operandum bibat copioſè Juſcul.

THE Operation of Vomits is more extenſive than the pumping up of the Impurities of the Stomach, by giving, *in actu Vomitorio*, a general Concuſſion to the Veſſels, and churning the Blood and Juices to ſuch a Fluidity, as to enable ſome of the peccant Particles to be evacuated by the common Secretions, and cutaneous Outlets. This Doctrine is conſpicuouſly illuſtrated in the Effects deducible from the Adminiſtration of an Emetick in Aguiſh or Intermittent Diſorders, as a neceſſary Prelude to the Admiſſion of the *Cort. Peru.* either *per ſe*, or in Conjunction with other *Alterative* or *Febrifuge* Medicines; which, for want of ſuch a neceſſary Evacuation, are not ſeldom abortive.

IF the Time I've beſtow'd in the preceding Sheets, does, in any Degree, contribute to the Relief or Advantage of my Fellow-Creatures, it will highly redound to my Satisfaction, and enable me to reflect, that I've not thought, or writ in vain; and, conſequently, ſhall be entitled to the pleaſing Proſpect of meriting the good Wiſhes of thoſe, who ſhall acquire any Conſolation from the Doctrine contain'd, or the Method advanc'd, in the foregoing *Enquiry*. I have, I hope, gone through the Nature, Cauſe, and Manner of Curing the Diſtemper in all Shapes, of which I firſt undertook to treat, with the various and racking Symptoms which, in the different Kinds and Stages of it, do neceſſarily occur, from the ſlighteſt *Phænomena* of an inſignificant wandring Ach in any particular Part, or Joint, to a total Inability to Motion of the whole Body, from the exorbitant Violence of cruciating Pain: In which Undertaking, I have endeavour'd to repreſent the many Species of this Diſtemper, in the cleareſt and moſt familiar Colours their intricate Properties would permit; have attempted to demonſtrate the various

various Cauſes which concur to produce this or that Kind of *Rheumatiſm*, with Remedies conſonant to the Nature of the Diſeaſe; and a ſuccinct Precaution, to prevent the Accumulation of ſuch Materials as may excite or give Foundation to moſt *chronical Diſtempers*, as well as check or abſcind the incipient Principles of *acute Diſeaſes*.

——— *Si quid noviſti rectius iſtis,*
Candidus imperti; ſi non, his utere mecum.

Hor. de Art. Poet.

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